

*Using Physical
Preparation to Problem
Solve Athletic
Movement*

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Why is good movement important...



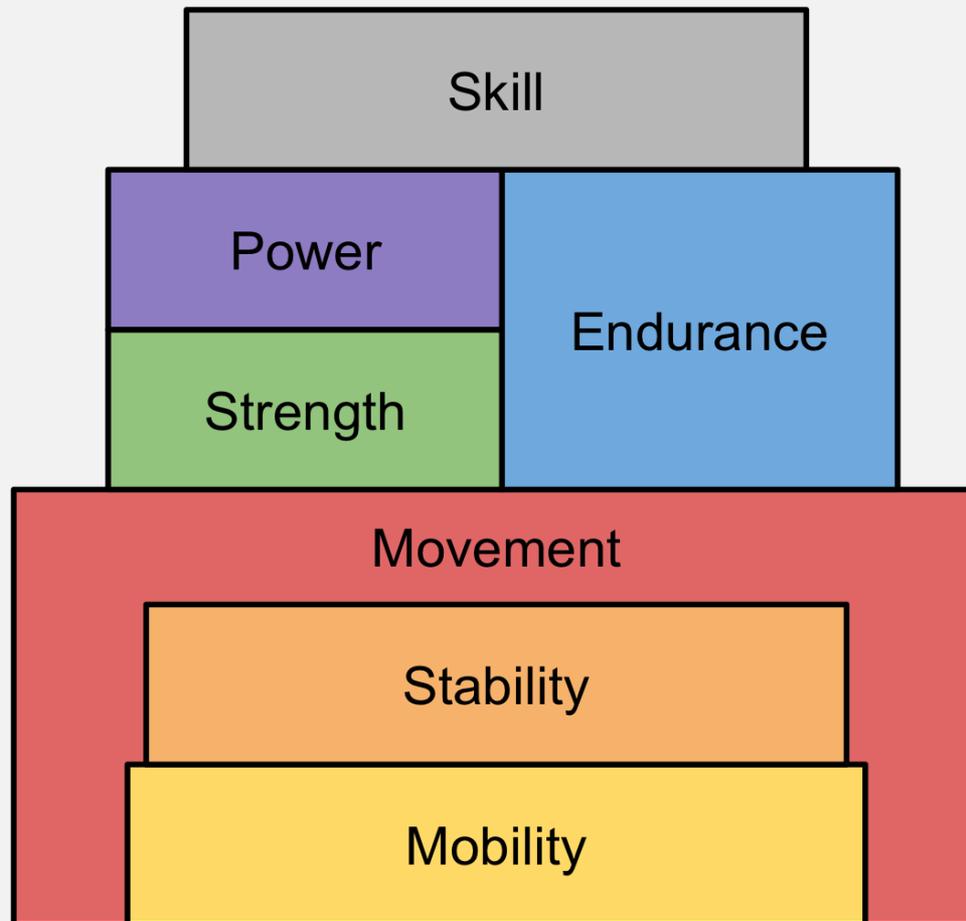
= *Effective*

&



= *Efficient*

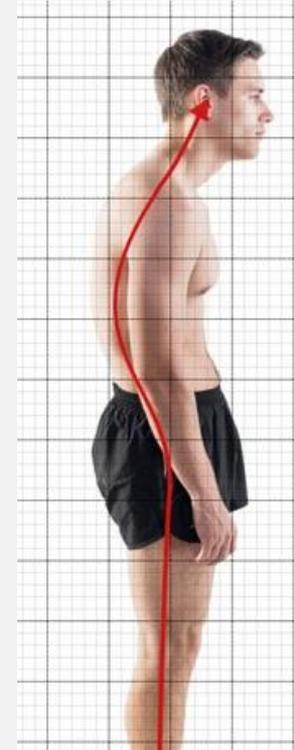
***Principle 1. Movement =
Practice + Mobility + Stability***



Principle 2. The body moves in the path of least resistance



What do you see?



Principle 3. The body is clever & complex

Stable Joints

Foot
Knee
Low Back
Scapula
Elbow



Mobile Joints

Ankle
Hips
T-Spine
Neck
Shoulder
Wrist

Problem-Solving Movement

Noticing – how is the athlete moving?

Deducing – why is the athlete moving like this?

Experimenting – how might I go about changing this?

Assessing Movement

Squat

Lunge

Hinge

Push

Pull

Brace

Rotate

Crawl

