



### Learn why understanding gait is vital to football

We look in depth at the biomechanics and reactions that occur from the ground up.

Understand the vital difference between gait and running and why this is important.

Dynamic gait assessment methods that tell us unique things about the player other assessments may miss!

Learn how inability to transfer our COM can lead to injury and reduced performance.



### Don't just "test the test" – Authentic to function testing

Does your testing look or feel anything like football?

Our adaptable and 3 dimensional thought process is far more powerful than a rigid set of protocols.

No more "subjective" scoring. Real and relative quantitative measures as well as qualitative.

Instant Range Of Motion increases with functionally authentic corrective movement solutions.

Integrate with modern motion analysis software for improvement analysis over time.

# THE Function of FOOTBALL



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## The Function of Football

- Our unique function of football course delves deep into the **specific and authentic function of football**.
- We use precise **three-dimensional biomechanically authentic movement data** to create individual stretching, **motor control, strengthening and performance** programmes. Instead of JUST rehab we have **Prehab**. Why not identify areas of movement dysfunction **BEFORE** they become a problem.
- This data allows **seamless integration between the medical and training teams**. This movement analysis information is designed to be used by the coaches, the medical and the S & C team for optimal player preparation and therefore increased performance and decreased risk of injury
- Understand the proprioceptive system and motor control to realise static or table based assessment may not give the answers when dynamic, upright and under force as when on the pitch. **Ask the right questions, get the right answers.**
- Functionally and biomechanically authentic warm ups and cool downs to reduce injury risk.
- Your **Return On Investment** is the **increased functional knowledge** of your sport, **decreased injury** and **increased performance**.

## Course outline

- Foundations of functional movement
- Rules of function: Biomechanics, muscle and proprioceptor function.
- How forces affect the body
- Dynamic assessment process inc “matrix assessment”
- Dynamic movement solutions
- Functionally authentic warm ups and cool downs
- Probable suspects – A functional perspective on causes of common football injuries