




POWER PRINCIPLES

- Power = Force x Velocity
- Power exists on a continuum
- Power is plane specific
- Rotational power needs to be developed from the ground up

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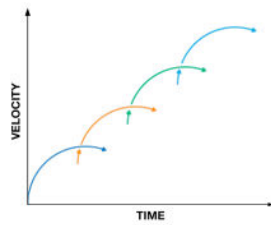


KEYS TO MAXIMIZING ROTATIONAL POWER

- Stable base of support (BOS)
- Rotational mobility through the entire kinetic chain (primarily, hips and thoracic spine)
- Good base of strength
- Coordinated sequence of muscular activation
- High rate of force production (RFP)
- Minimal energy leakage



SEQUENTIAL SUMMATION OF VELOCITY



- Optimal coordination sequence of movements that allow for optimal velocity development
- Types
 - Simultaneous
 - Sequential
- In sequential summation, each segment begins to move the instant the previous segment begins to slow down (Putnam, 1993)



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QUICK TESTS FOR ROTATIONAL COMPETENCIES

- Mobility
 - Multi-Segmental Rotation Test (SFMA)
- Control
 - Partial Hip-Hinge with Flexion/Extension Motion
 - Partial Hip Hinge with Rotation Motion

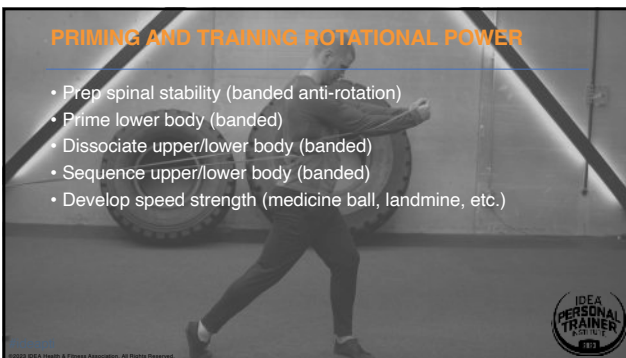


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PRIMING AND TRAINING ROTATIONAL POWER


- Prep spinal stability (banded anti-rotation)
- Prime lower body (banded)
- Dissociate upper/lower body (banded)
- Sequence upper/lower body (banded)
- Develop speed strength (medicine ball, landmine, etc.)



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PROGRAMMING FOR ROTATIONAL POWER

- Non-fatigued state
 - Beginning of training session
 - 4-6 reps/side for 2-3 sets (total of 20-30 repetitions in a training session)
- Use a load that allows for the maintenance of velocity
 - For MB training, good starting point is 1 lb. per 20 lbs. (1 kg per 20 kgs) of body mass (if client is new, consider starting lighter)
- Stable surface
- Consider contrast training



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KINETIC PERFORMANCE

REPARATION PHASE
DAY 1

NAME: _____
DATE: _____
TIME: _____
KINETIC PERFORMANCE

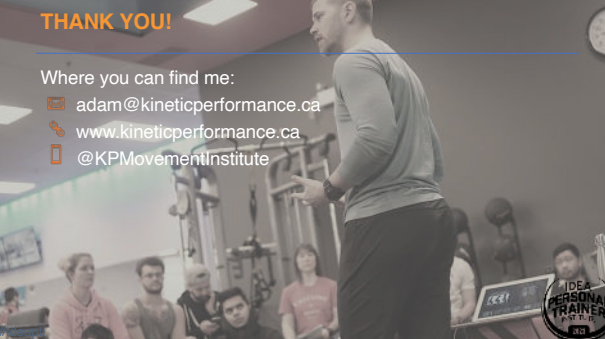
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THANK YOU!

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