

# Seeing is Believing

By Vince Stephenson, Movement Training Systems

[www.movementtrainingsystems.com](http://www.movementtrainingsystems.com)

There's a great deal of talk in sports, strength training and injury prevention circles about "functional performance." Good trainers, coaches and athletes understand the importance of this. But, what they are missing in their training regimen is the ability to precisely score and illustrate the correct body position of the actual athlete during specific movements. The mind often cannot accept what the eye cannot see. And MTS breaks specific movements down visually giving both the athlete and coach precise information – data and visual -- needed to immediately make corrections in movement and body position.

The purpose of functional training is to improve performance. Therefore, all training that improves performance is by definition functional. Using specific functional training exercises will help an athlete's body focus on the development of movement skills, body positions and explosive power. But just the training alone isn't enough. Being able to see and to review the movement with metrics that guide correction isn't widely available today. MTS is a video analysis feedback system that allows the athlete to see the movement he performed and grades the components that are essential to success. More and more, coaches understand this. Today's young athletes and players are required to be "complete athletes". The youth player of today needs to have the upper body strength to struggle with challenges and he must always be quick and speedy. Shielding the ball and making opponents stay away requires upper body strength and an exceptional level of aerobic and anaerobic resistance to last through the duration of play. Kicking, jumping, tackling, twisting and turning as well as good speed during play comes from lower body strength.

While strength training can make an athlete stronger and facilitate better movement, it cannot teach an athlete how to run, jump, cut, swing, etc. The only direct way to get better at these skills is to practice. If we want athletes to be better at a sport, they need to practice proper execution of the skills and tactics directly involved with that sport. In order to improve the effectiveness of these skills and tactics, basic work on general athletic skill such as proper running, jumping, cutting, etc. is critical. And, being able to "see" and measure performance provides coaches and athletes with the information and "how to" do just that.

Seeing is believing. It makes all the difference in the world of sports.