
EXOS

OUR STORY

- STARTED AS A REFUGE FOR ATHLETES
- PIONEERING HUMAN PREFORMANCE
- WE’RE HERE TO UPGRADE LIVES

KEY EVENTS IN OUR HISTORY

1999
Athletes' Performance founded by Mark Verstegen opens in Tempe, AZ

2003
Athletes' Performance – opens at the Home Depot Center in Carson, CA

2005
Start of relationship with German National Soccer team in preparation for 2006 World Cup

2006
AP begins providing solutions to the Military

2007
Argentina Rugby

2008
CPRO & CPESD invented

2009
Core Performance opens first Corporate Performance Centers with Intel & Google

2010
Chinese Olympic Federation

2011
Intel IRB study published

2011
Fast Company – Most Innovative Company in Sports

2011
AP begins working with US National Men's Soccer Team

2011
Series D

2012
AP trains 14 NFL 1st Rd picks

2013
Mayo Clinic partnership

2013
NFL Players Association - The Trust Program

2013
Selected as sole Human Performance Provider for U.S. Special Operations Forces as part of Preservation of the Force and Family (POTFF) program

2014
EXOS brand launch

FOOTBALL (SOCCER) HISTORY

2005

Start of relationship with German National Soccer team in preparation for 2006 World Cup

2009

LA Galaxy

2010

Everton FC

2010

Chinese Olympic Federation

2011

AP begins working with US National Men's Soccer Team

2011

Polish National Team

2011

Galatasary

2012

Sporting KC

2014

Portland Timbers

2015

Aston Villa

2015

Club Athletico Paranaense

As to methods there may be a million and then some, but principles are few. The man who grasps principles can successfully select his own methods. The man who tries methods, ignoring principles, is sure to have trouble.

-Ralph Waldo Emerson


Provide the finest performance systems, specialists and facilities seamlessly integrated to efficiently and ethically enhance our athlete’s performance

SYSTEM PILLARS

MINDSET

Mindset is about walking into a situation or working toward a goal with a full understanding of what it requires and how to accomplish it.

NUTRITION

Food is fuel for the body and brain. Fueling cuts through the latest diet marketing hype. It's about consuming what fuels the body best.

MOVEMENT

Movement refers to incidental and structured movement. Both are essential for health, weight management, performance and vitality.

RECOVERY

The mind and body repair, recharge, and upgrade during rest. Recovery strategies must be employed throughout each day, week, month, and year.

TRAINING SYSTEM COMPONENTS

Pillar Preparation	Individualized prep based on movement screening
Movement Preparation	Session prep based on movement skill session
Plyometrics	Activation based on movement skill session
Movement Skills	Based on dominant movement demands in sport
Medicine Ball	Activation based on strength-power session
Strength-Power	Based on dominant strength quality demands in sport
Energy Systems Development	Based on dominant energy system demands in sport
Regeneration	Recovery based on total demands of training session

MOVEMENT SKILLS

Develop specific movement skills under reactive and non-reactive conditions in an effort to optimize transfer to sport

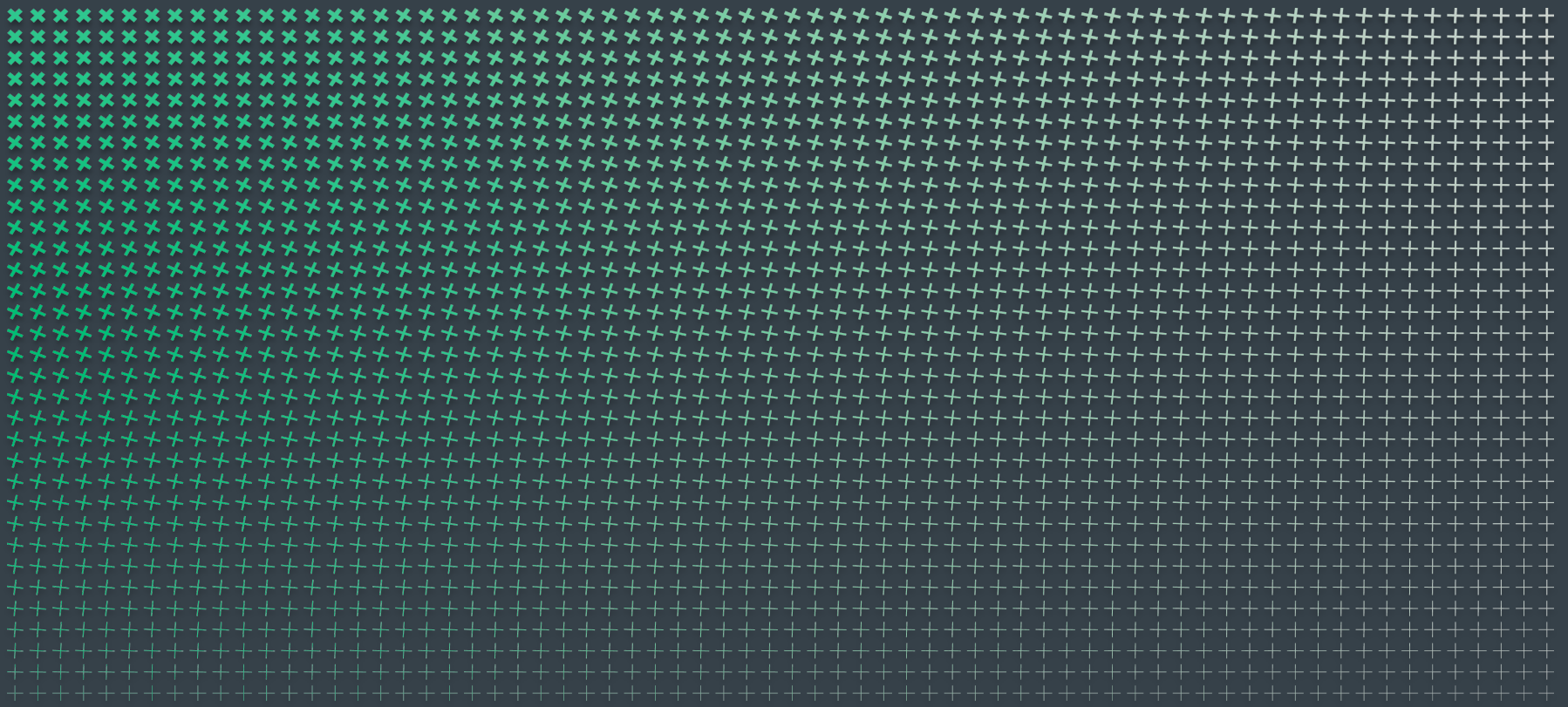
LINEAR

MULTIDIRECTIONAL

EXOS™

MULTI-DIRECTIONAL SPEED

APPLYING THE TEC MODEL



LEARNING OBJECTIVES

- Review optimal patterns for multi-directional speed
- Apply the TEC model to multi-directional speed
- Use the TEC model to identify, prioritize, and correct common multi-directional speed errors

01

MULTI-DIRECTIONAL MOVEMENT

- Shuffle & Cross-over
  - Posture
  - Leg action
  - Arm action


COACHING PYRAMID
ARM ACTION
LEG ACTION
POSTURE
Rotational balance
Inside leg
Outside leg
Center of mass
Base of support
Verstegen, 2014.

CRITICAL POSITION 1

BASE POSITION

- Neutral spine position
- Base width & depth based on sport demands
- Load inside edge of shoes
- Balanced COM

Jeffreys, 2006., 2010., Sheppard, 2006.

CRITICAL POSITION 2

SHUFFLE/CUTTING

- Low base > shoulder width
- Outside leg push through inside edge loading
- Inside leg hovers and stays within inside shoulder
- Angle to minimize air time

Jeffreys, 2006., 2010., Sheppard, 2006.

CRITICAL POSITION 2

CROSSOVER

- Inside leg push through outside edge loading
- Outside leg snaps tightly across body
- Shoulder/arm rotation counters hip rotation
- Angle to minimize air time

Jeffreys, 2006., 2010., Sheppard, 2006.

PUTTING IT ALL TOGETHER

- “Stay low”
- “Set your angles”
- “Attack the ground”

Jeffreys, 2006., 2010., Sheppard, 2006.

02

IDENTIFYING A HIERARCHY OF ERRORS

- TEC model for multi-directional speed
  - Position
  - Pattern
  - Power

TEC MODEL

How to correct the movement (verbal/non-verbal)

COACHING

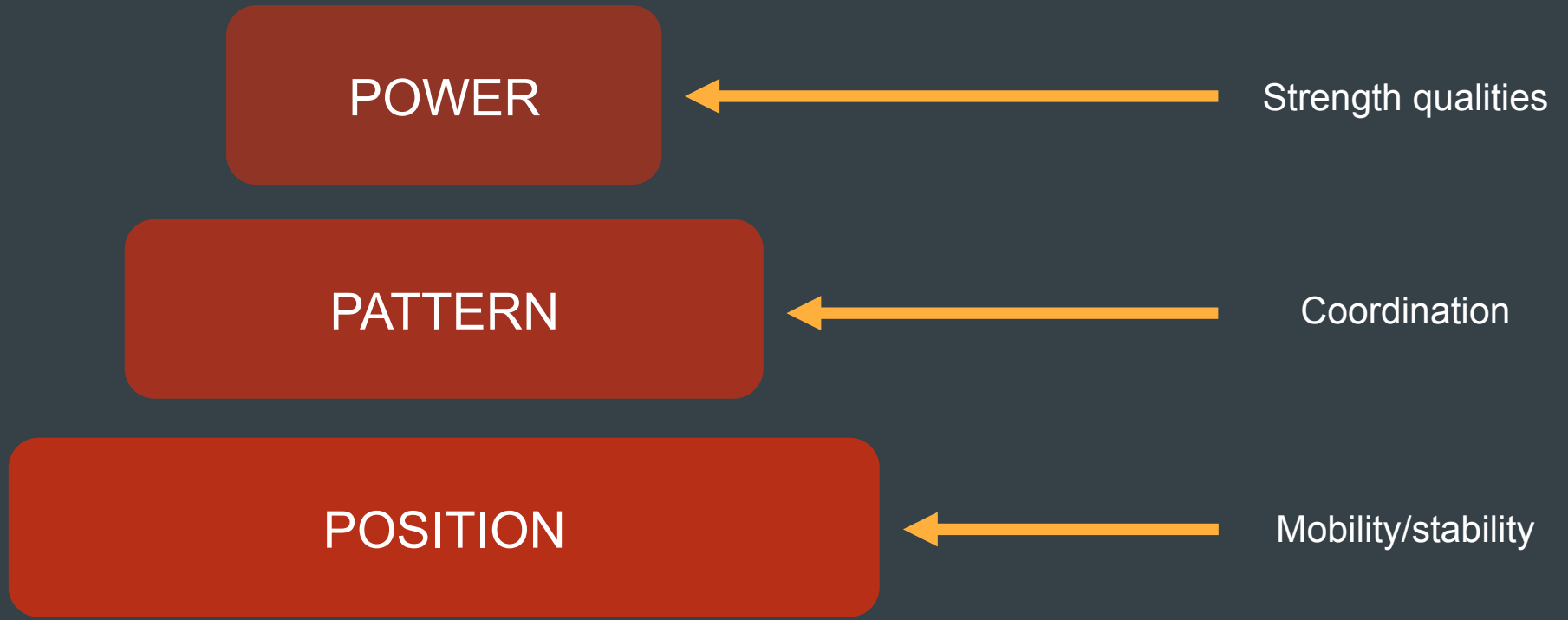
What the movement does look like (actual performance)

ERROR

What the movement should look like (expert)

TECHNICAL

TEC MODEL: OPTIMAL



TEC MODEL: MULTI-DIRECTIONAL

MULTI-DIRECTIONAL MOVEMENT

TECHNICAL	ERROR	COACHING	
		Verbal	Non-verbal
Low center of mass	High center of mass Excessive compensatory spinal flexion		
Optimal angles of attack			
Foot loading favors the midline			

HIGH CENTER OF MASS: 5-10-5

HIGH CENTER OF MASS: L-DRILL

TEC MODEL: MULTI-DIRECTIONAL

MULTI-DIRECTIONAL MOVEMENT

TECHNICAL	ERROR	COACHING	
		Verbal	Non-verbal
Low center of mass	High center of mass Excessive compensatory spinal flexion		
Optimal angles of attack			
Foot loading favors the midline			

RESISTED SHUFFLE LOAD & LIFT

RESISTED CROSS-OVER LOAD & LIFT

TEC MODEL: MULTI-DIRECTIONAL

MULTI-DIRECTIONAL MOVEMENT

TECHNICAL	ERROR	COACHING	
		Verbal	Non-verbal
Low center of mass	High center of mass Excessive compensatory spinal flexion	“Stay under the roof”	Resisted shuffle load/lift Resisted x-over load/lift
Optimal angles of attack	Narrow or excessively wide base of support		
Foot loading favors the midline			

BASE OF SUPPORT: 5-10-5

BASE OF SUPPORT: L-DRILL

TEC MODEL: MULTI-DIRECTIONAL

MULTI-DIRECTIONAL MOVEMENT

TECHNICAL	ERROR	COACHING	
		Verbal	Non-verbal
Low center of mass	High center of mass Excessive compensatory spinal flexion	“Stay under the roof”	Resisted shuffle load/lift Resisted x-over load/lift
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SLED RESISTED SHUFFLE

SLED RESISTED CROSS-OVER

TEC MODEL: MULTI-DIRECTIONAL

MULTI-DIRECTIONAL MOVEMENT

TECHNICAL	ERROR	COACHING	
		Verbal	Non-verbal
Low center of mass	High center of mass Excessive compensatory spinal flexion	“Stay under the roof”	Resisted shuffle load/lift Resisted x-over load/lift
Optimal angles of attack	Narrow or excessively wide base of support	“Low & aggressive cut”	Sled resisted shuffle Sled resisted x-over
Foot loading favors the midline	Inappropriate loading of foot		

FOOT LOADING: L-DRILL

TEC MODEL: MULTI-DIRECTIONAL

MULTI-DIRECTIONAL MOVEMENT

TECHNICAL	ERROR	COACHING	
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Low center of mass	High center of mass Excessive compensatory spinal flexion	“Stay under the roof”	Resisted shuffle load/lift Resisted x-over load/lift
Optimal angles of attack	Narrow or excessively wide base of support	“Low & aggressive cut”	Sled resisted shuffle Sled resisted x-over
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RESISTED 90° CROSS-OVER SPRINT

TEC MODEL: MULTI-DIRECTIONAL

MULTI-DIRECTIONAL MOVEMENT

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		Verbal	Non-verbal
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Optimal angles of attack	Narrow or excessively wide base of support	“Low & aggressive cut”	Sled resisted shuffle Sled resisted x-over
Foot loading favors the midline	Inappropriate loading of foot	“Imagine jumping as far as possible”	Resisted 90° x-over sprint

CONCLUSIONS

ACCELERATION: CONCLUSIONS

- Three step process for multi-directional movement dysfunction & correction:
  - Identify what the optimal movement looks like
    - Position
    - Pattern
    - Power
  - Identify where there are errors
    - Center of mass
    - Base of support
    - Loading on the foot
  - Prioritize & correct the errors
    - Verbal
    - Non-verbal

LEARNING OBJECTIVES

- Review optimal patterns for multi-directional speed
- Apply the technical coaching model to multi-directional speed
- Use the technical coaching model to identify, prioritize, and correct common errors

EXOS | EDUCATION

ON A COURSE TO UPGRADE LIVES

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