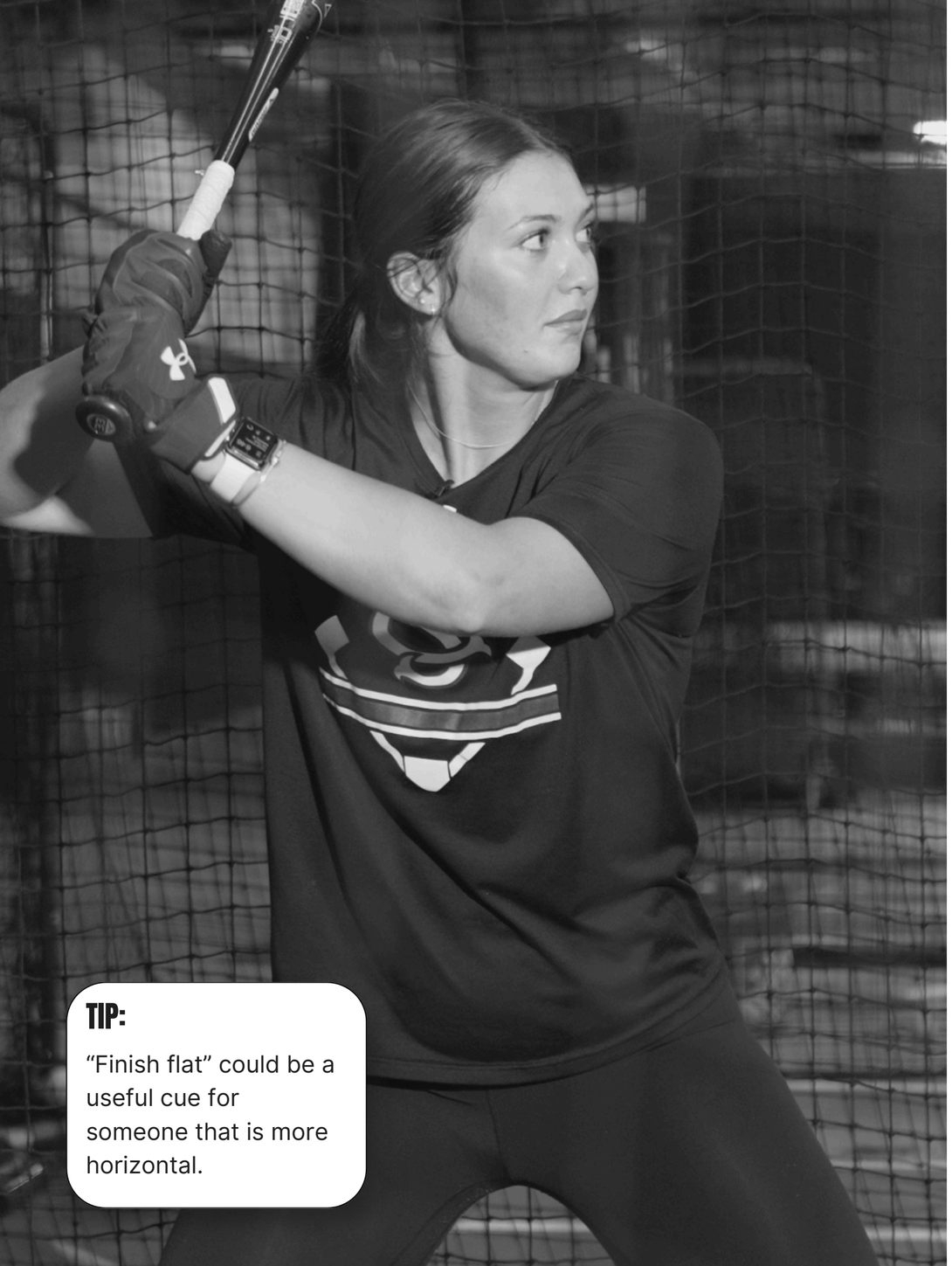
MOTOR PREFERENCES FRAMEWORK OVERVIEW

UNDERSTANDING WHY ATHLETES MOVE, LEARN, AND PERFORM DIFFERENTLY



THE PROBLEM

Every athlete processes movement differently.

The same drill, cue, or mechanical adjustment can produce completely different results depending on how an athlete naturally organizes movement.

What helps one athlete improve may cause another athlete to lose rhythm, power, timing, or efficiency.

Motor Preferences provides a framework to better understand those differences.

WHAT ARE MOTOR PREFERENCES?

Motor Preferences can be defined as the body language specific to each individual — their natural and unique motor organization.

These unconscious tendencies influence how athletes move, coordinate, produce force, organize posture, and express rhythm and timing.

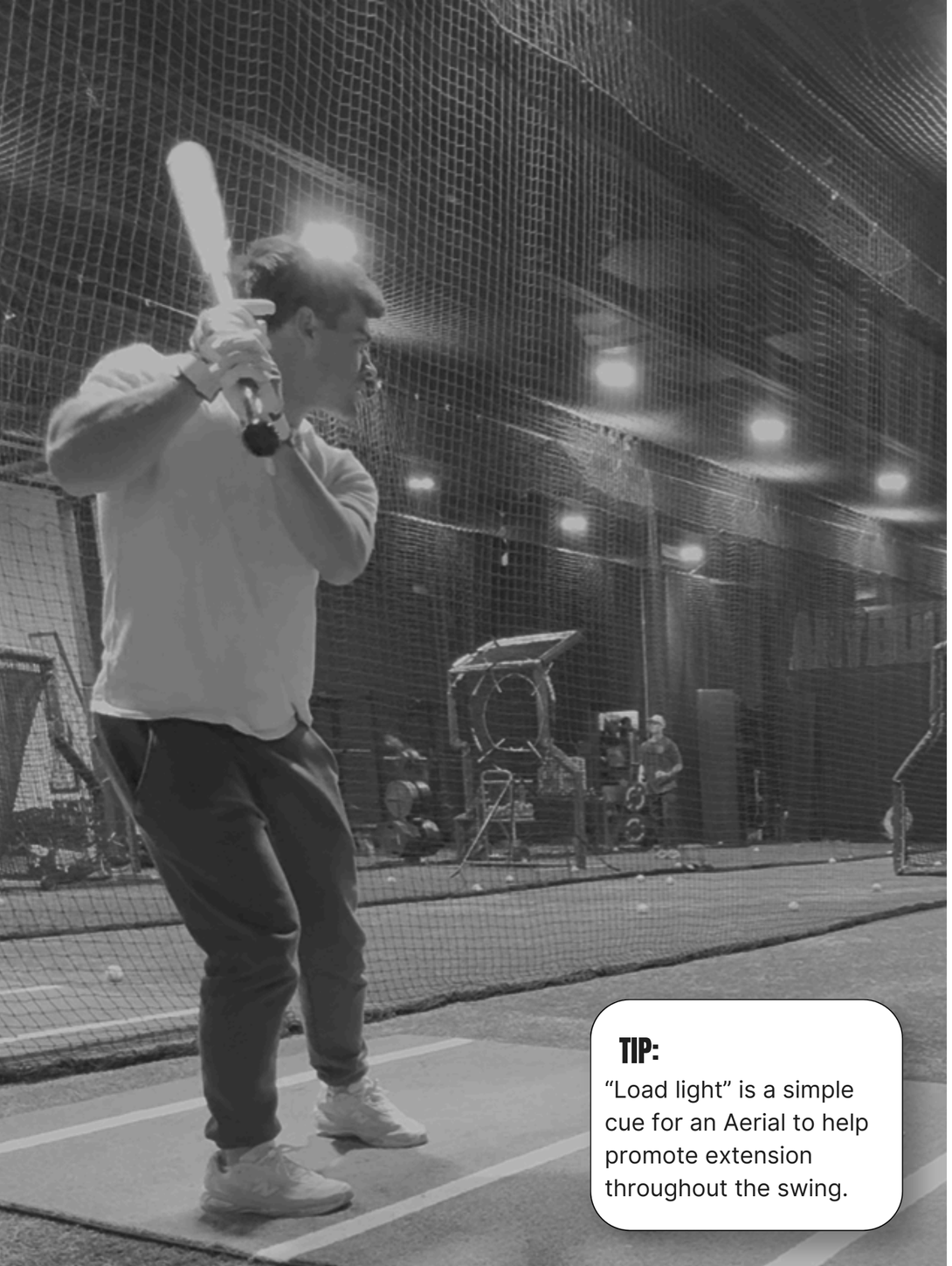
All Motor Preferences exist on a continuum, interact with one another, and can influence or take over another preference depending on the athlete and environment.

Rather than forcing every athlete into the same movement model, Motor Preferences provides a framework to better understand how each athlete naturally organizes movement and performance.



TIP:

Sometimes the cue “Throw before you land” gets pitchers to be more on time by limiting the amount of hip-shoulder separation.



TIP:
“Load light” is a simple cue for an Aerial to help promote extension throughout the swing.

UNDERSTANDING PREFERENCES

Every athlete expresses a unique combination of Motor Preferences. These preferences exist on a continuum, interact with one another, and influence how an athlete naturally organizes movement.

Motor Preferences are not:

- good or bad
- right or wrong

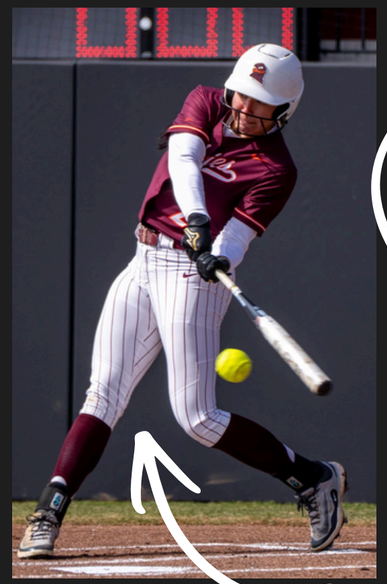
They are simply different movement organizations.

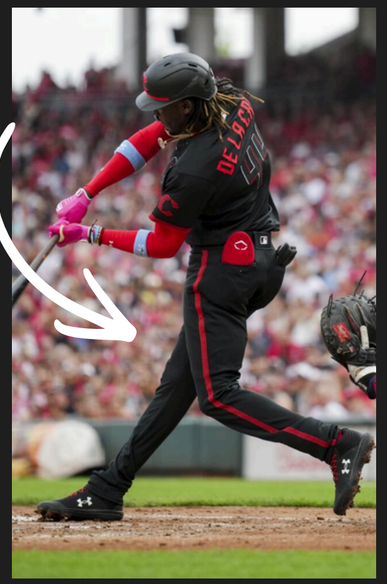
Understanding those differences can help coaches better individualize:

- communication
- movement solutions
- drill selection
- skill development

ELITE PLAYERS LOOK DIFFERENT (AND THAT'S OKAY)

AERIAL



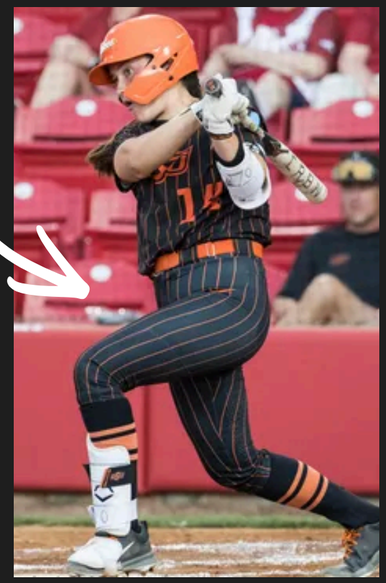


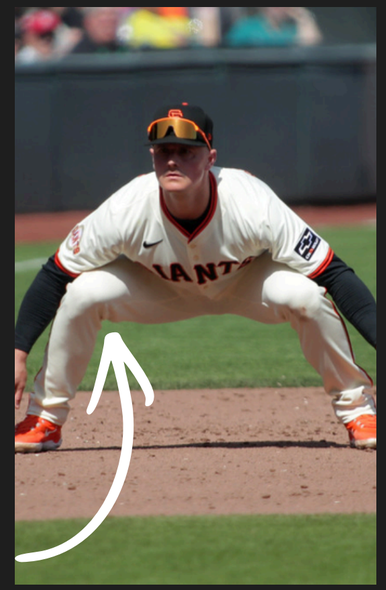


MORE IN EXTENSION

TERRESTRIAL







MORE IN FLEXION

A LOOK INTO PREFERENCES

Every athlete moves along a continuum between Terrestrial™ and Aerial™ Motor Preferences.

Aerial™
Elastic. Efficient through extension. Powerful through vertical rebound.

Terrestrial™
Grounded. Efficient through flexion. Powerful through horizontal push.

TRY THIS

Observe whether your athletes move more: *light and elastic* OR *grounded and anchored*

Light & Elastic

Try Drills That Encourage:

- rhythm
- extension
- speed
- rebound

Grounded & Anchored

Try Drills That Encourage:

- flexion
- anchoring
- pressure
- ground connection



TIP:

With some players, the more they close their front side the harder it becomes to reach a consistent release point. For these players keep direction through the back shoulder.

WHEN ATHLETES MOVE AGAINST THEIR NATURAL ORGANIZATION

When athletes consistently move against their natural organization, the amount of energy required to perform often increases.

As energy demand increases, coaches may notice:

- increased injury risk
- poor timing
- unnecessary tightness or soreness
- loss of rhythm
- inconsistent movement efficiency
- frustration during performance

Of course athletes can perform outside of their profile but how much energy and effort does it require to perform that movement? At what cost...

Truly efficient movement often requires less compensation and wasted energy.





TIP:

Some players prefer to align and work through the front leg more. Place 55-60% of the weight there if they do.

WHAT COACHES MAY NOTICE WHEN ATHLETES MOVE IN PROFILE

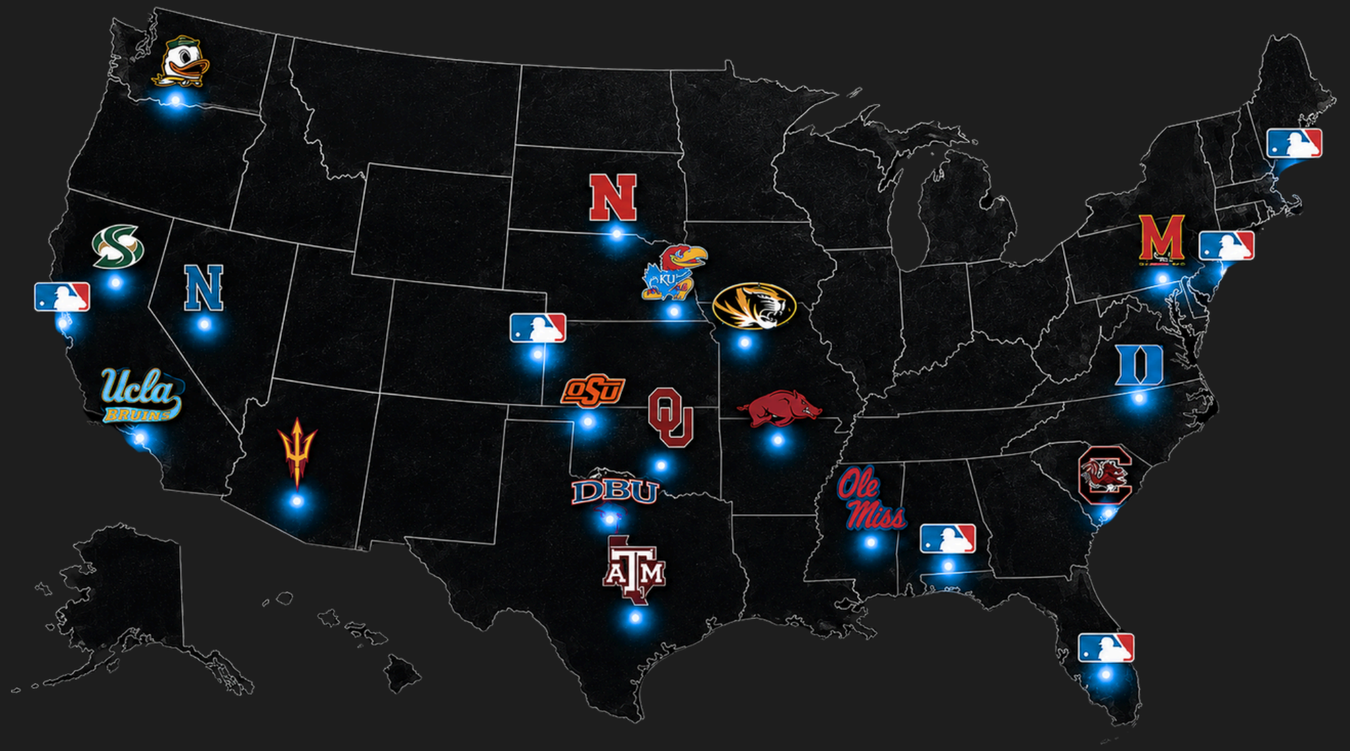
When athletes move more naturally within their organization, coaches may notice:

- improved balance
- improved coordination
- increased performance potential
- more efficient movement
- decreased risk of overuse-type injuries
- feedback like:
  - “It feels easier.”
  - “I feel more athletic.”
  - “I’m not fighting my movement.”

TRUSTED ACROSS
BASEBALL & SOFTBALL

From college programs to MLB organizations, coaches across the country are using Motor Preferences to better individualize player development.

The framework helps coaches better understand how athletes move, learn, and perform.



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MLB ORGANIZATION REPRESENTED

> A GAME CHANGER FOR ME ON THE FIELD AND IN MY LIFE
>
> -MATT SHAW, CHICAGO CUBS

> HELPED US TRULY UNDERSTAND OUR HITTERS AND HOW THEY MOVE AT THE FOUNDATIONAL LEVEL
>
> -JORDAN GETZLEMAN, NEVADA BASEBALL

> THE BACKBONE OF OUR GROWTH AND PLAYER DEVELOPMENT
>
> -KATIE BROWDER, SOUTH CAROLINA SOFTBALL

THIS IS ONLY THE BEGINNING

Aerial™ and Terrestrial™ tendencies represent only one layer of the Motor Preferences framework.

The complete system explores additional layers including:

- Laterality & Move Dial
- Breathe In or Breathe Out
- Associated or Disassociated
- Axial or Large
- Motor Shoulder
- Vertical or Horizontal
- Vision Preferences

The deeper the understanding, the more individualized coaching becomes.



TIP:

Putting on mass and lifting a ton of heavy weight doesn't work for everyone. Some people are geared for speed, some are geared towards strength.

WHERE UNDERSTANDING MOVEMENT BECOMES ELITE DEVELOPMENT

Explore the full Motor Preferences framework and learn how to better understand, coach, and develop athletes in *Level 1: Baseball/Softball*.

Learn more at
www.motorpreferencesexperts.com

