

The ActionTypes approach identifies and integrates individual motor and cognitive preferences, enabling a better understanding of and coaching for each individual. Insights into motor preferences, also referred to as motor signatures, can also be used to optimise technique, as has been demonstrated by various trainers at the Olympic and world levels. Less well known is that these motor preferences can also be effectively utilised to optimise physical training and recovery.

## After this course:

- You have enhanced your knowledge and understanding of motor styles and how to maximise their expression.
- You have discovered the strengths and pitfalls of the motor skills associated with the 16 ActionTypes profiles.
- You will be able to interpret the impact of deep motivational drivers on the resilience of the horizontal and vertical ActionTypes profiles.
- You will be able to improve the execution of physical exercises by utilising insights from the ActionTypes profile.
- You know which physical exercises are suitable for maximising a profile's expression and which additional exercises can be used to strengthen that profile's vulnerable areas.
- You will be able to draw up a recovery protocol based on the motor profiles.
- You will have experienced and internalised the four motor styles yourself, so that they hold no secrets for you.



## Course structure:

### Day 1:

- Theory: The strengths and pitfalls of the motor styles.
- Theory: The dynamics of motor styles within a profile.
- Practice: Experience the motor styles within yourself.
- Theory: Motor style 1
  - Strengths and challenges of the four ActionTypes profiles.
  - Impact of the preference for horizontality and verticality.
  - Exercises for optimising expression and avoiding pitfalls.
- Demonstration: Strength training for motor style 1.
- The relevance of motor preferences for physical training.
- Training in motor styles II, III and IV.

### Day 2:

- Practice: Experience the impact of training the motor styles.
- Theory: Motor style 2.
  - Strengths and challenges of the four ActionTypes profiles.
  - Impact of internal rhythm.
  - Exercises for optimising expression and avoiding pitfalls.
- Demonstration: Strength training for motor style 2.
- Theory: Motor styles 3 and 4.
  - Strengths and challenges of the eight ActionTypes profiles.
  - Exercises for optimising expression and avoiding pitfalls.
- Demonstration: Motor styles 3 and 4.
- Practice: Playing in the motor styles.