



2nd
Nature
Performance

INFP

PsychoMotor Profile

YOUR PROFILE AT A GLANCE



INFP



Medium-high Posture



Left Motor Eye



Upper Peripheral Vision



Left Directed



Smooth-Smooth Internal Tempo



Motor Control



Physical Training

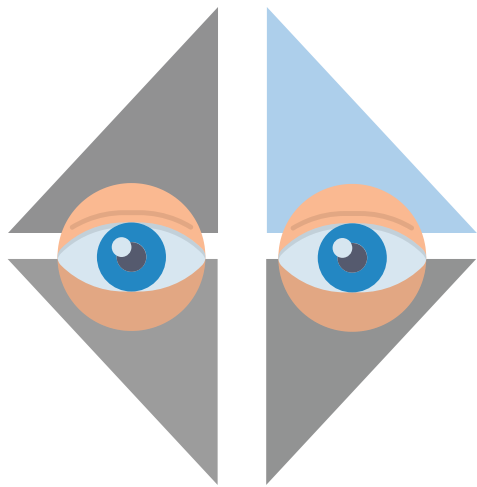
secondnature
PERFORMANCE

EDGE
Physical Therapy Rapid Recovery

Posture

Medium-High

- Tall spine, moderate knee flexion.
- Chin slightly down; eyes up.
- Feet slightly outside shoulders, weight in front half of feet but heels remain in light contact with the floor.
- Shoulders in the same vertical line as the knees, no bending at the waist.

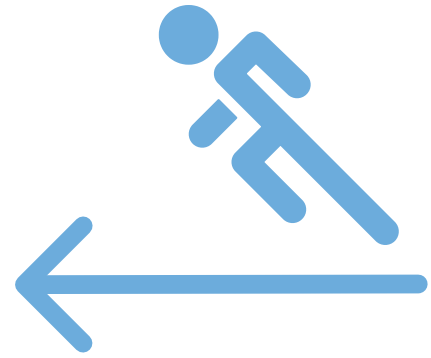


Peripheral Vision & Tracking Movement

- Left Motor Eye bias. When moving keep your left eye in contact with the ball.
- Upper peripheral field bias.
- Optimal Visual Quadrant: High Left
- Weak visual quadrant is the lower right. To counteract this, you must always turn your head to keep the ball in the upper left quadrant of the visual field. Another weak spot is deep over the left shoulder as this usually causes the head to turn and the motor eye (left eye) to lose contact from the ball.

The tracking of movement is largely done by our peripheral vision. The visual field is divided into four sections or quadrants. Every profile has an optimal, peripheral visual quadrant. The optimal visual quadrant for the NP is high left.

Directionality



Left Directed

- Preferred direction of movement is left. This means moving left will be easier under time pressure. Moving right and staying in ready posture will require more effort.
- As much as possible you should try to bias your positioning to set up movement in your preferred direction.
- Most sports will require us to move in all directions. When we move out of preference, we need to work harder to stay balanced. Training organized movements out of our preferred direction is challenging but necessary.

When we move in our preferred direction, we are able to quickly solve the motor problem at hand. When you think of speeding up decision making in sports a millisecond can change the outcome of a play, point, or game.

Movement Trigger

Plyometric Trigger

- To trigger movement on the floor, drop the hips slightly, then begin movement to the ball. NF's need to drop into the quads when they trigger.
- This is called a plyometric trigger, it energizes the legs making the first step easier and quicker. Once an NF triggers and feels energy in the legs, this energy needs to be constantly recycled through the movement with no stops.

All movement needs to be triggered. Failure to trigger your movement correctly can lead to loss of balance or body organization in your first step. In other words, inefficient movement.

Decision Making

Decide quickly and then move. When possible get your timing and motor solution before moving. "Know what you want to do, and then do it."

Motor-Learning Preference

RHYTHMIC

Needs to feel the rhythm of the movement in order to retain it. In general, NF's need less reps to master a movement. When learning skills, emphasize the rhythm and smoothness of the movement implemented with quick, decisive actions.

Internal Tempo

Smooth-Smooth

Be sure the first step in any movement to the incoming ball is a small and deliberate followed by smooth, flowing movements. This will help prevent overplaying. Athletes with **smooth-smooth** internal tempo need to create a style of play where they avoid feeling rushed.

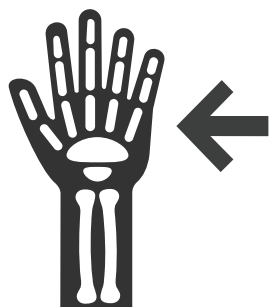
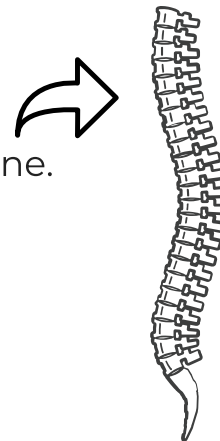


Always remember tempo does not mean speed. It is internal so you must feel the tempo.

Motor Control in Dynamic Movements and Actions

Upper Mobility Point

People with your profile have a mobility point in their thoracic spine. This allows your hips and shoulders to operate in different planes. We call this ability dissociation. Whether attacking a volleyball, smashing a forehand in tennis, hitting a baseball, or throwing a football, dissociating the hips and shoulders is essential to optimizing power and accuracy.

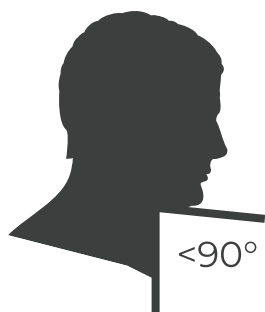


Hand Control

Control of hand gestures and hand contact and release on the ball comes from the pinky side of the hand. N's are supinators and finish their contact and release with the palm of the hand rotated inward.

Limb Control

NF's use the 1st & 2nd joints in the arms and legs: shoulder and elbow in the arm; hip and knee in the leg. Slightly bent knees/elbows are critical for NF's in sports movements.



Head Angle

In posture and movement always keep the chin tilted slightly down. This head angle optimizes posture, vision, and balance, and therefore optimizing body organization.

Physical Training

Once they get good at it, all NF's like to lift weights. They gain confidence from feeling their muscles grow. Once the growth plates are closed, NF's should begin serious weight training year round. Once a good strength base is established, in season training should be 70% plyometric and 30% concentric. Out of season training is the reverse.

Learn to do high pulls, deadlifts with a trap bar, push press with dumbbells, incline bench press with dumbbells. When doing explosive lower body exercises the knees should never bend further than 135°. Avoid twisting the torso when lifting. Do short to medium length interval sprints; 20 to 300 meters. Avoid distance running and other cardio as this reduces fast twitch fiber count in muscles, potentially reducing vertical jump. Most NF's find cardio too repetitive and boring. Biking fast up hills is also a good exercise for power endurance. Jump rope in short, high speed bursts of 10 to 40 seconds is good for speed development in the calves and upper and lower body coordination.

In weight lifting, emphasize the back chains. No front squats; no barbell squats below parallel; use one legged lifts like the Bulgarian squat or lunges to work on full knee flexion and power. Need to be careful not to overtrain. NF's need longer recovery periods



To get the best results we strongly recommend you work with a certified strength and fitness professional. If you are under 18 we recommend you consult with an orthopedic doctor or your pediatrician before beginning heavy weight training. If you are out of shape it is also best to check with your doctor before beginning.

The most important aspect of any physical training program is consistency. This is where a good strength coach can help you stay motivated and continue to train. Good strength coaches will also help prevent overtraining and injury.

Deep Motivational Drivers



Internal Understanding

Analyze, structure; determine what is right or wrong; true or false; clarify concepts.

Enjoys an intellectual challenge to start the day. Has to focus on one key point while learning or under pressure. Should avoid overthinking and getting stuck in their head. Individuals can overthink situations under stress. They need to focus on one critical aspect of the task at hand.

HOW TO SATISFY THIS DRIVER

The Internal Understanding driver is satisfied through analysis and coming to understand the "why" of people, processes, and things. Word games, puzzles, and other mental challenges are some of the ways the Internal Understanding driver can be satisfied prior to any performance activity.

Burnout Zone: Lose objectivity, stubbornness, angry

Boredom Zone: Lack of intellectual stimulation

Pros

- Quickly grasps concepts
- Handles complexity well
- Problem solvers
- Over-analyzes
- Can't handle ambiguity
- Stubbornness

Cons



External Competition

Win at all costs.

Conquering the enemy is job #1. Persons with this driver seek to stack their team as they need to feel secure about their chances to win. They can be disturbed by struggling teammates and get angry at them. Often forgiving of their own mistakes, they can quickly blame others.

HOW TO SATISFY THIS DRIVER

You can satisfy this driver by competing against others at sports and games, or by tackling competitive challenges at work. If you don't have competitive challenges at work, try competing with someone at lunchtime. chess, checkers, Scrabble, corn hole... any of these will work. Brief lunchtime competitions will help you stay energized through long afternoons at work.

Burnout Zone: Inability to face challenges, feel like a failure

Boredom Zone: No ambition, go back to basics

Pros

- Strives to be first
- Keep teams focused on winning
- Energized by competition

Cons

- Fearful of losing
- Will cut corners to win
- Sacrifice relationships for success

Dominant

Secondary

Welcome to the **Team!**



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