

Sport Science Lab - SSL Certification - Ballistic Ballwork

1 Welcome to the course!

A message from the instructor

How to use this course

FREE PREVIEW

Before we begin...

How to pass this course

FREE PREVIEW

Redeem your 10% equipment discount

2 Chapter 1: Research – Compulsory reading and Quiz

Tensegrity

Tensegrity – Quiz

Reconsidering the “core”

FREE PREVIEW

Myth of core stability

Reconsidering the “core” – Quiz

The Spinal Engine

The Spinal engine – Quiz

3 Chapter 2: Course lectures

Lecture 1 : Background and Aims of the SSL Ballwork program

Lecture 2: A Practical guide for implementation – Upper body ballistic ballwork

Lecture 3: A Practical guide for implementation – Lower body ballistic ballwork

SSL Ballistic Ballwork Quiz

4 Next steps

Congrats! Here's what's next...

More resources for you

Before you go...