

The young years of our life (6-14) are most definitely the most crucial years of our development. The older a kid gets between those ages, the more compensation patterns you will see within their movement. Often from getting told the 'proper' way to do something, altering their natural ability to problem solve and organize the body.

The issue with them getting to the age where they can now manipulate their body, is when there is tension CONSCIOUSLY created by the athlete, it alters the efficiency of the kinetic chain which in turn you get into bad positions and the brain won't let the body move fast as a repercussion. The brain's job is to help the body stay healthy. So when we go to perform something athletic, if we are in bad positions - the brain will slow our body's speed down to ensure we perform it safely. It is when the athlete's kinetic chain is functioning properly that you will see high level athletes with + eye hand coordination, + speed, and + power.