



Combining Posture & Vision to Define  
the Preferred Motor Patterns

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SCSC Chamonix

January 26th  
Chamonix

Part 3

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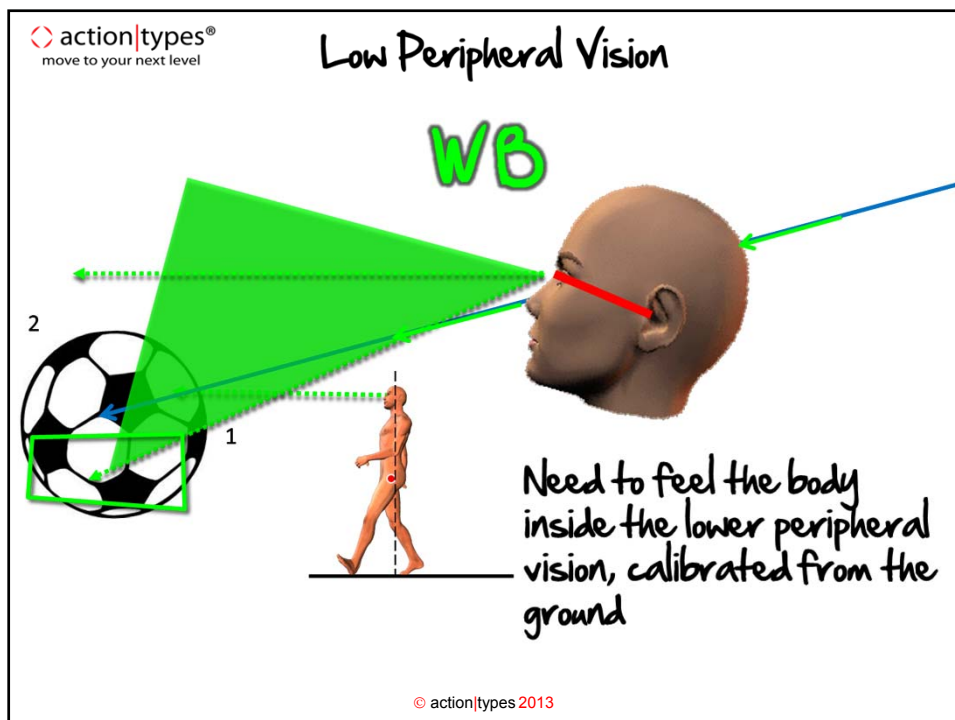
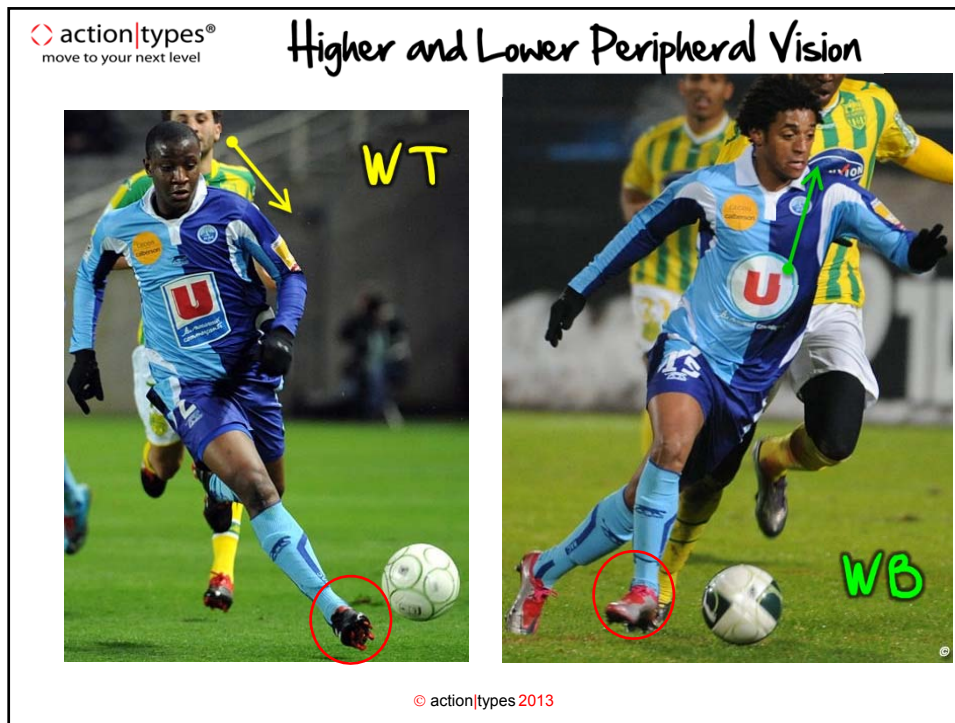
REMEMBER!

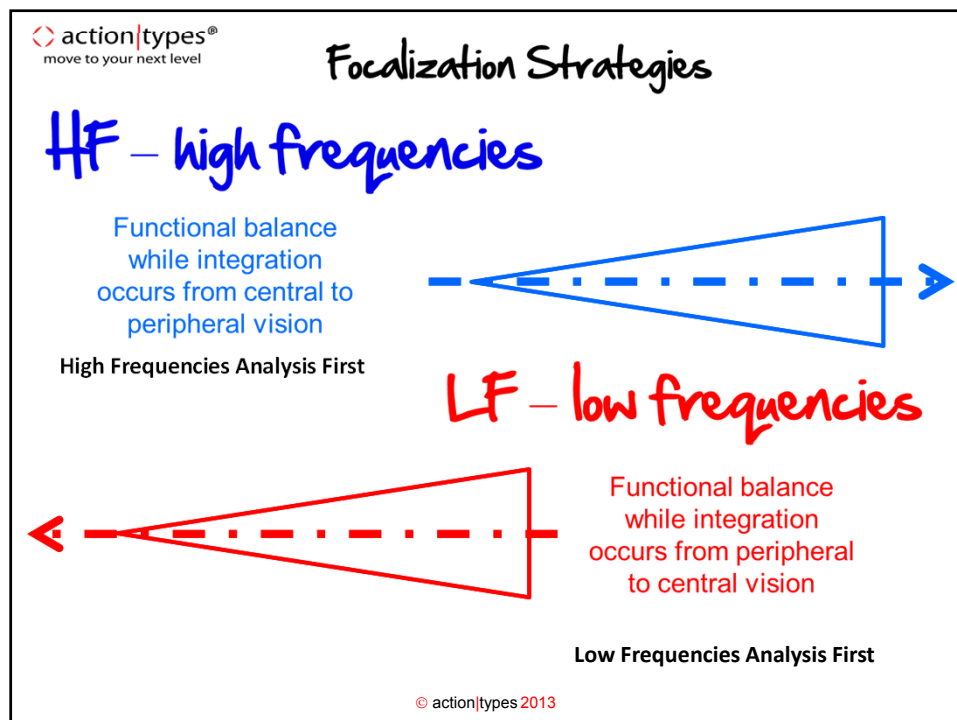
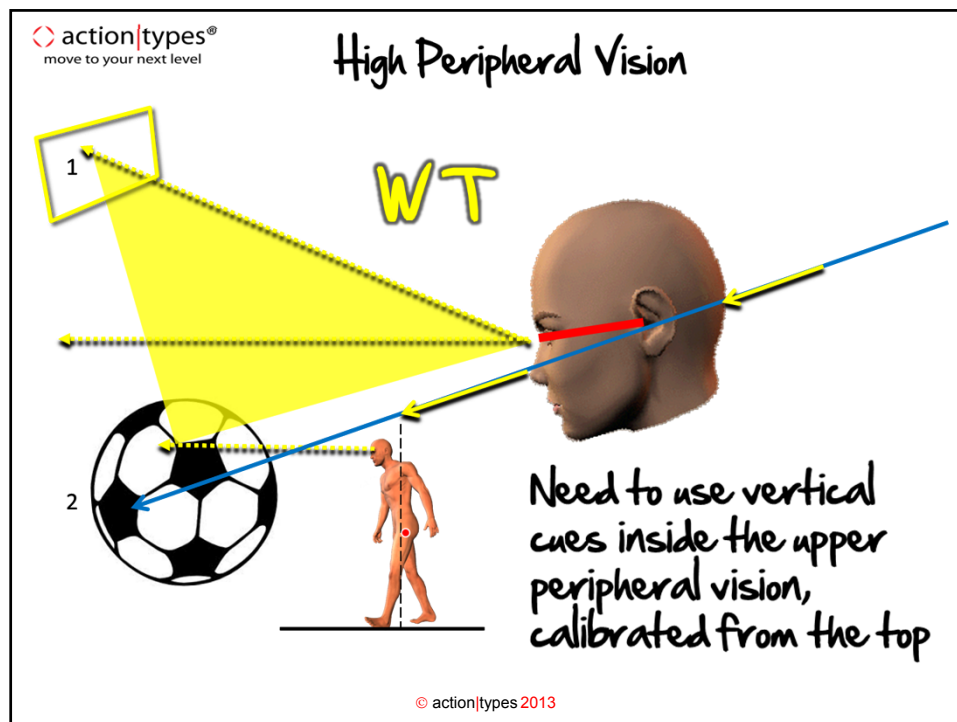
POSTURE = preparation to move  
(readiness for action)

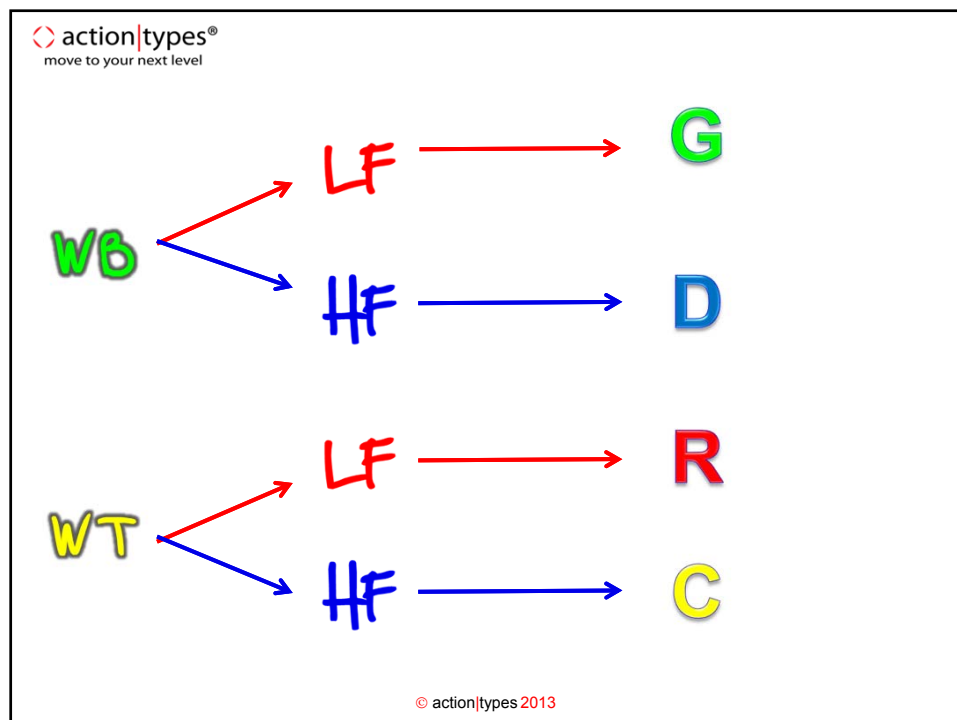
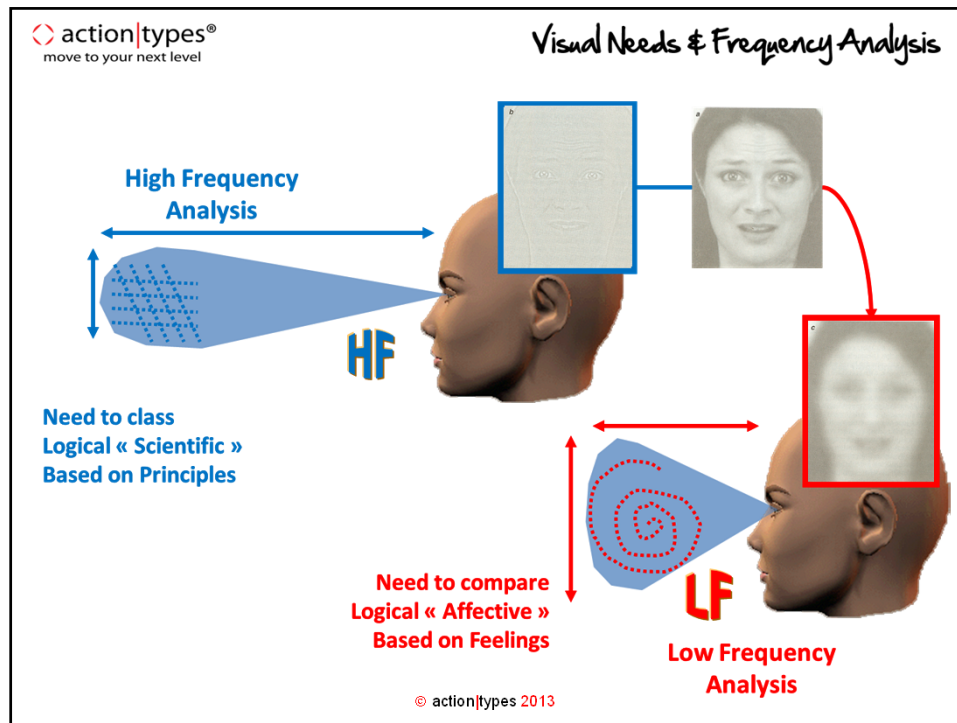
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1. Relaxation
  2. Loosening up
  3. Availability
  4. Performance

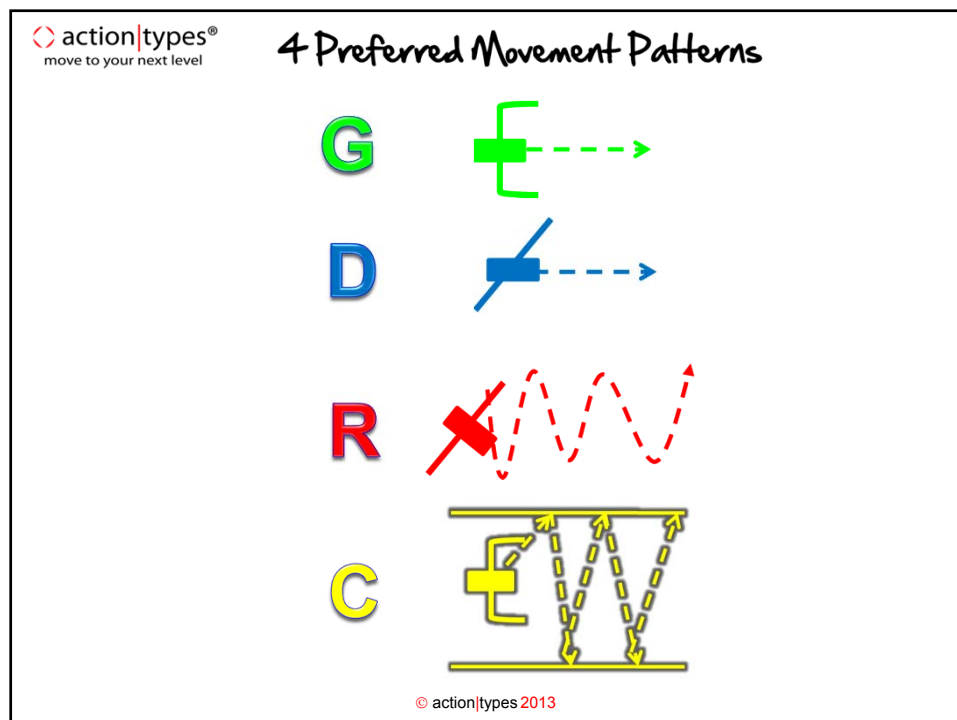
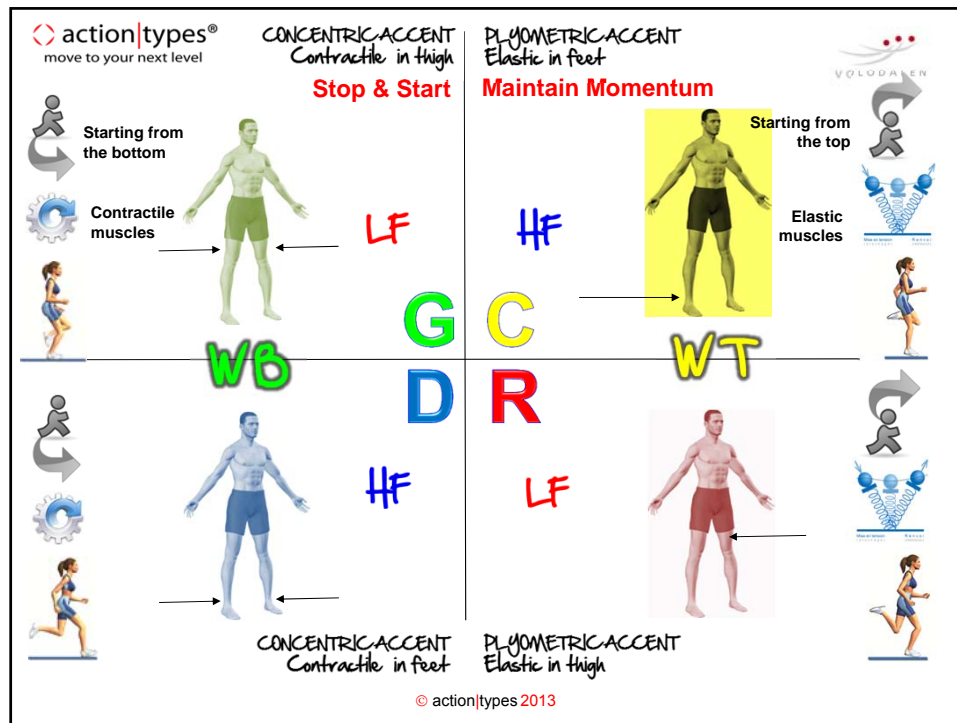
Also allows information to be  
integrated so as to anticipate!

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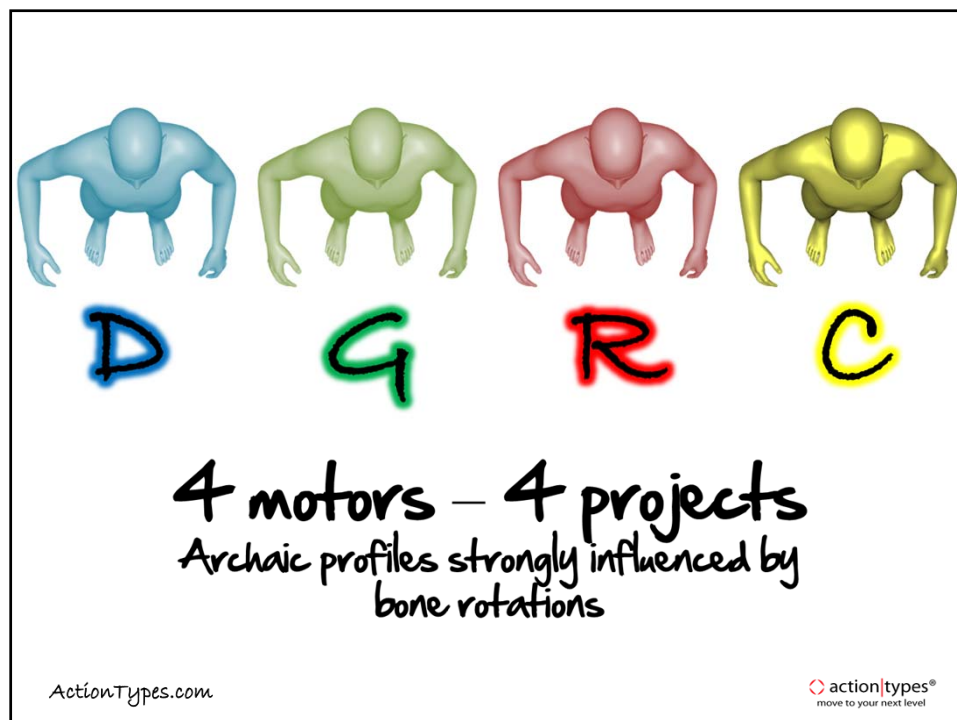


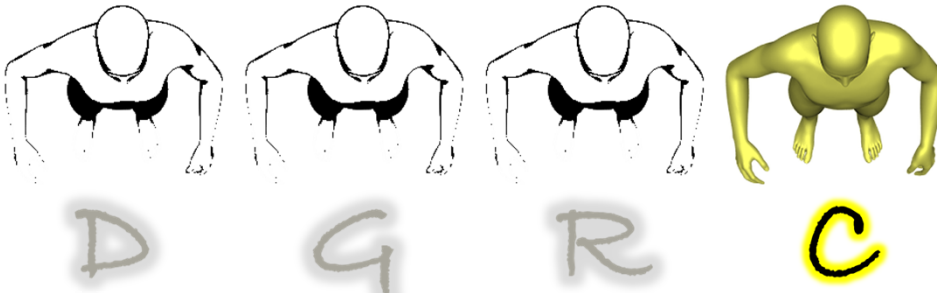
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Key Features of Each Motor Skills' Family

	Walking from the	Vision	Movement	Posture
<b>G</b>	Bottom, while producing energy	Low frequencies, unfocused, towards the ground	Linear, from the hips	Symmetrical, turning around middle of the body
<b>D</b>	Bottom, while producing energy	High frequencies, focused, towards the ground	Linear, from the hips	Symmetrical, turning around middle of the body
<b>R</b>	Top, while restituting energy	Low frequencies, unfocused, towards the sky	Rotatory, from the shoulders	Asymmetrical, turning around left side
<b>C</b>	Top, while restituting energy	High frequencies, focused, towards the sky	Rotatory, from the shoulders	Asymmetrical, turning around right side

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Activation = need of competence and distance in order to understand better

Looking for coherence together with a mastery level allowing success

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WT Conceptual motor skills C

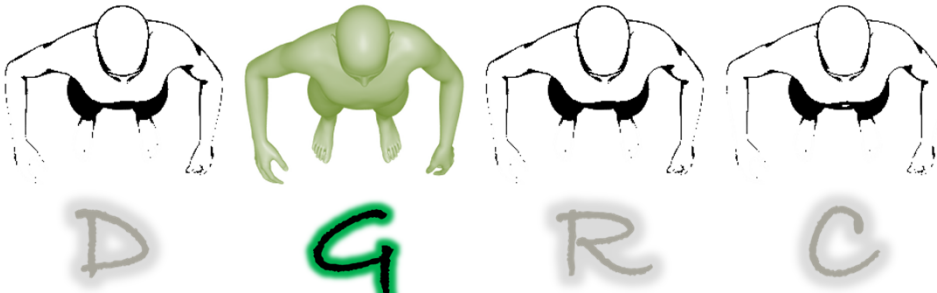
Need a concept to construct the movement (accent on mental representation of the activity and or the situation) : they systematically engage their right side in the action. Need to face the incoming action to sharpen their perception and use rotational movements

(Federer, Blair, Beckham, Juppé, Rocard)

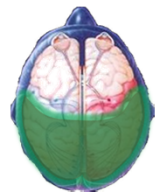


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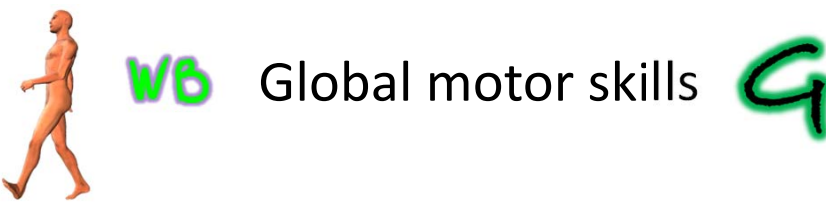
Inhibition = need for protection, sharing and a tribal mode



Looking for an environment in which to melt and where stability allows territoriality


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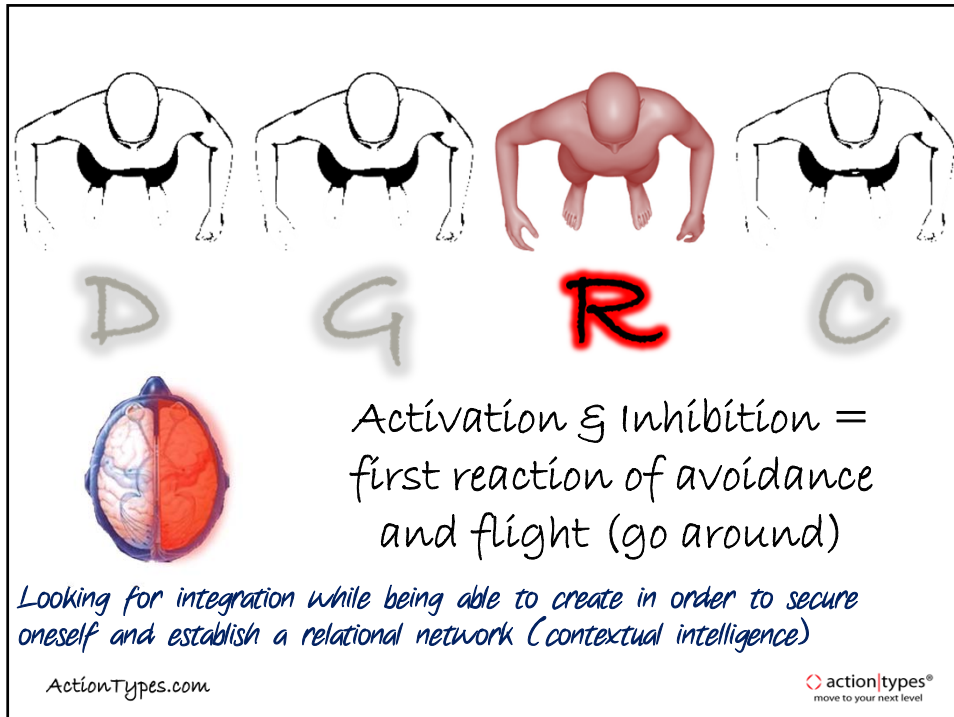
Global motor skills

Need to globally engage the body (accent on the big muscles of trunk and legs) : they have a better control of action realized close to the body and without rotation. Need to face the incoming action. Translational, symmetric and linear movements. (Tsonga, Ségolène Royal, Serena Williams, Bastareaud)



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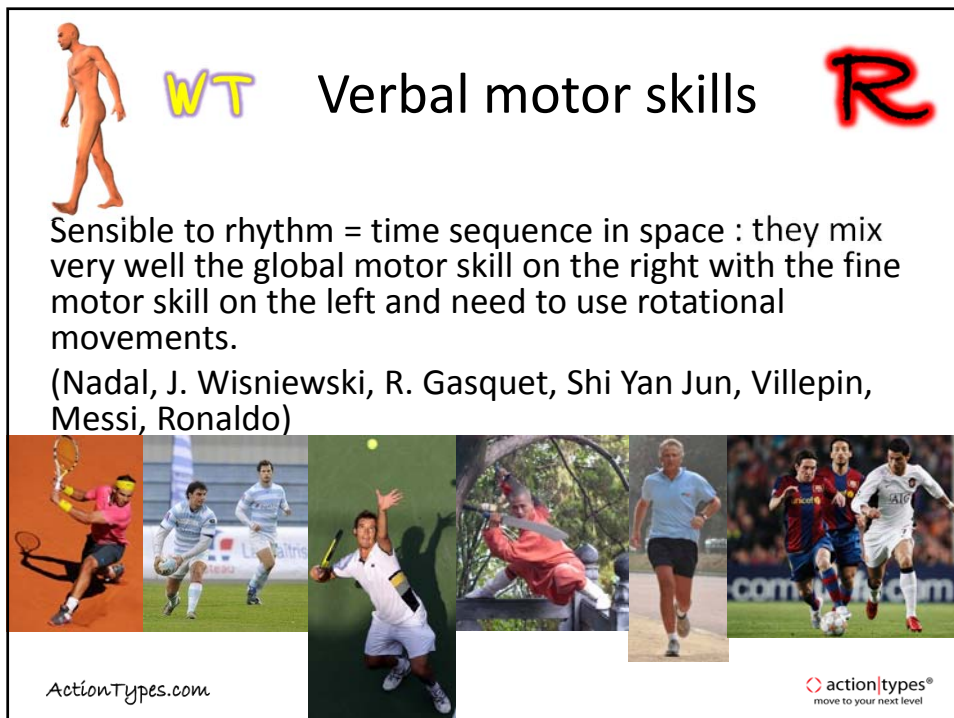


Activation & Inhibition =  
first reaction of avoidance  
and flight (go around)

*Looking for integration while being able to create in order to secure  
oneself and establish a relational network (contextual intelligence)*

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WT Verbal motor skills R

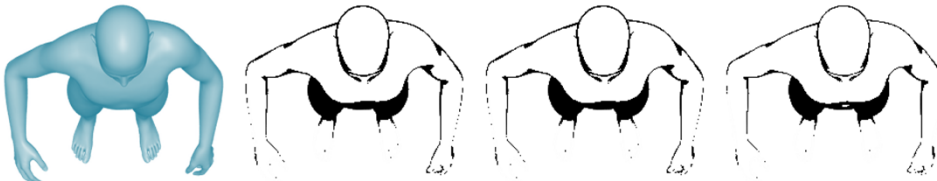
Sensible to rhythm = time sequence in space : they mix  
very well the global motor skill on the right with the fine  
motor skill on the left and need to use rotational  
movements.

(Nadal, J. Wisniewski, R. Gasquet, Shi Yan Jun, Villepin,  
Messi, Ronaldo)

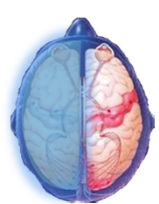


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**D** **G** **R** **C**



**Inhibition & Activation =  
first reaction of conquest  
and fight**

Looking for competition and a way to reassert  
oneself thanks to a natural need for confrontation

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**WB** **D**

**Fine motor skills**

Need to engage fine motor skills (accent on forearms, wrists and fingers, same with the legs) : they have a better control of actions executed away from the body (foot, eye) that is needing a higher eye hand/foot coordination. Translational, symmetric and linear movements.

(M. Pierce, Zidane, Sarkozy, Bubka)

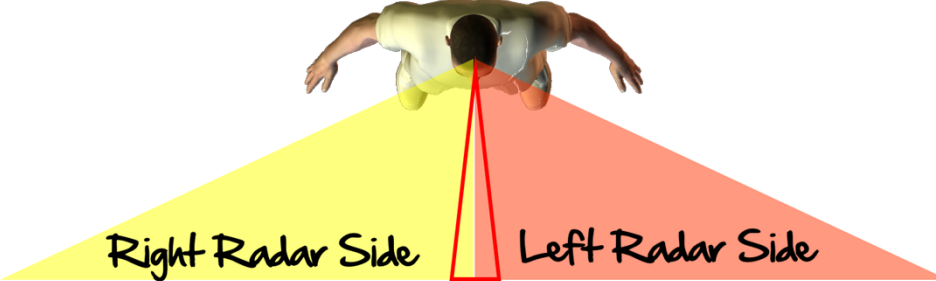


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## Lateral Peripheral Vision



Right Radar Side      Left Radar Side

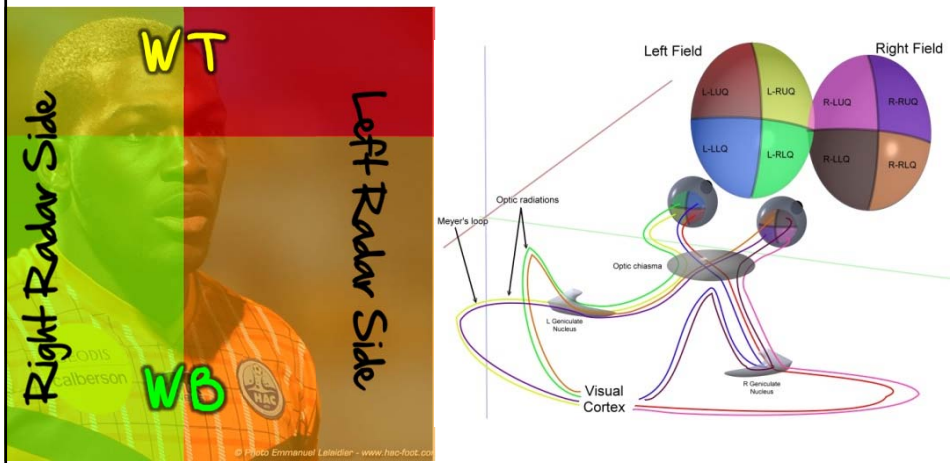
Central Vision ~10°

<p><b>Mechanical aspect of the movement</b> (strong time accent), Hierarchy of decisions and actions, Tactical discipline, rigor, structure Need routine reliability</p>	<p><b>Fluidity of the movements</b> (strong spatial organization) Need options (no constraints, freedom to act or adapt) Opportunism, freedom, adaptability</p>
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## Complexity of Visual Pathways 4 Quadrants to Manage



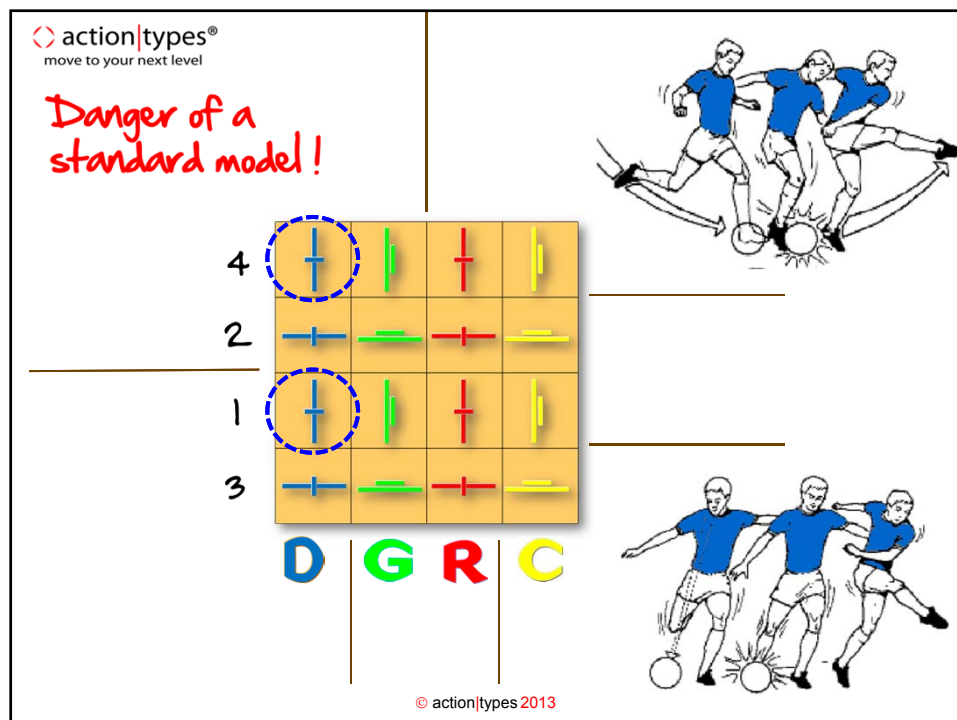
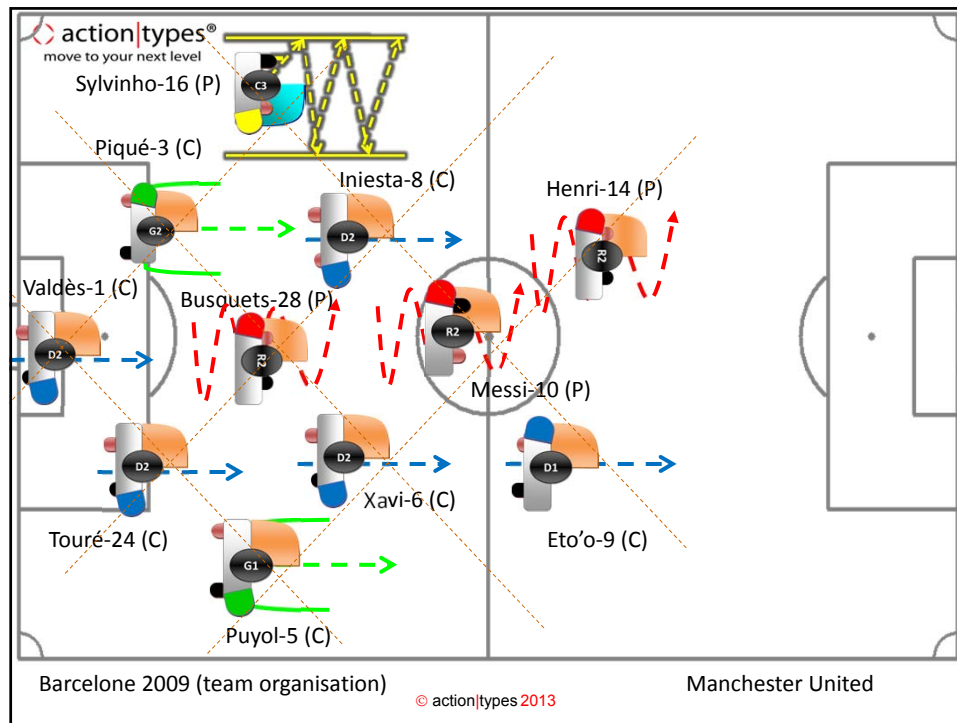
WT      WB

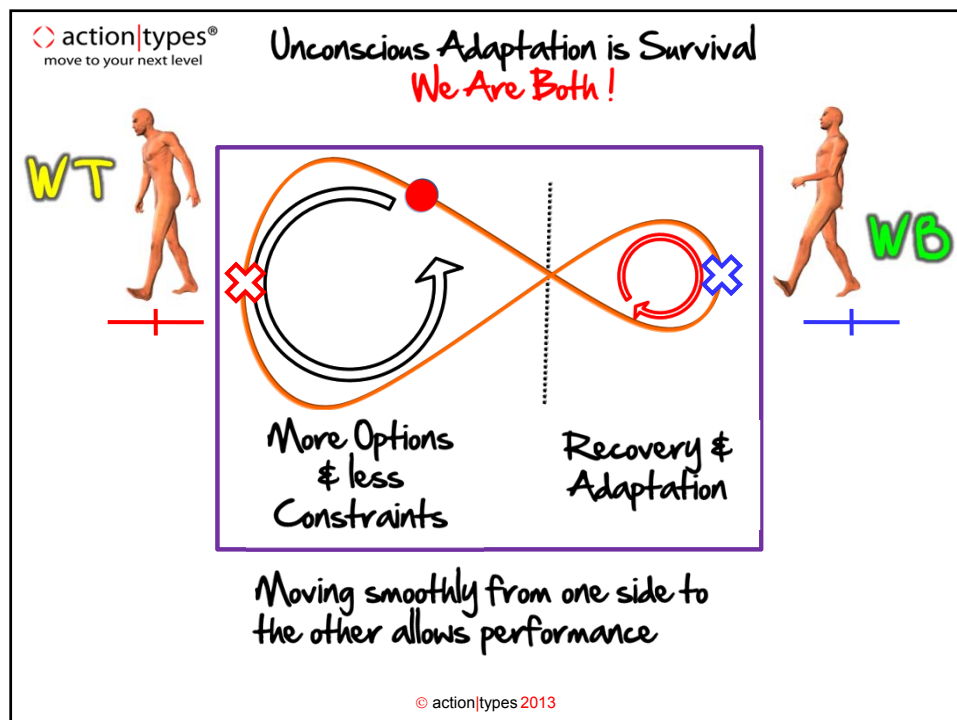
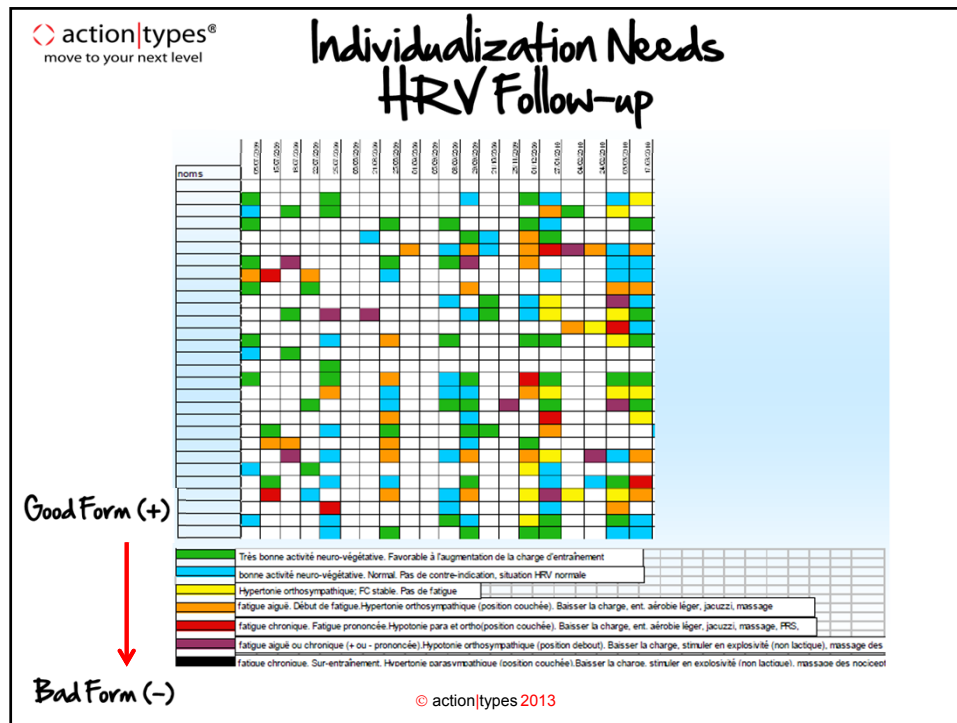
Right Radar Side      Left Radar Side

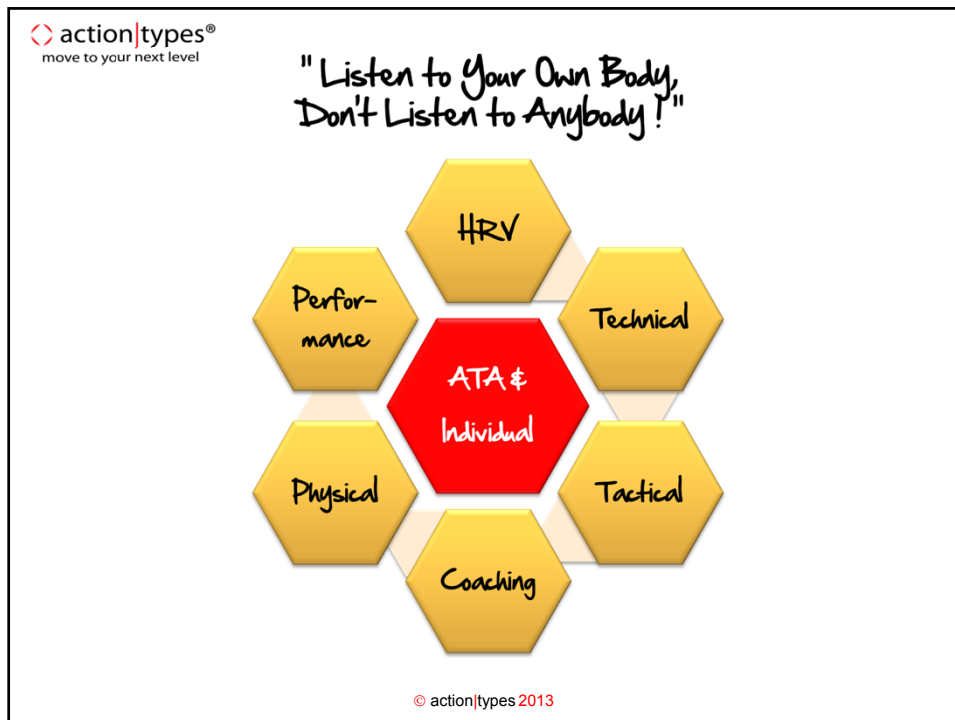
Left Field      Right Field

Optic radiations  
Meyer's loop  
Optic chiasm  
L Geniculate Nucleus  
R Geniculate Nucleus  
Visual Cortex

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