



US YOUTH SOCCER  
**WORKSHOP**  
LOS ANGELES • 2017



Perform better with  
Life Kinetik<sup>®</sup>

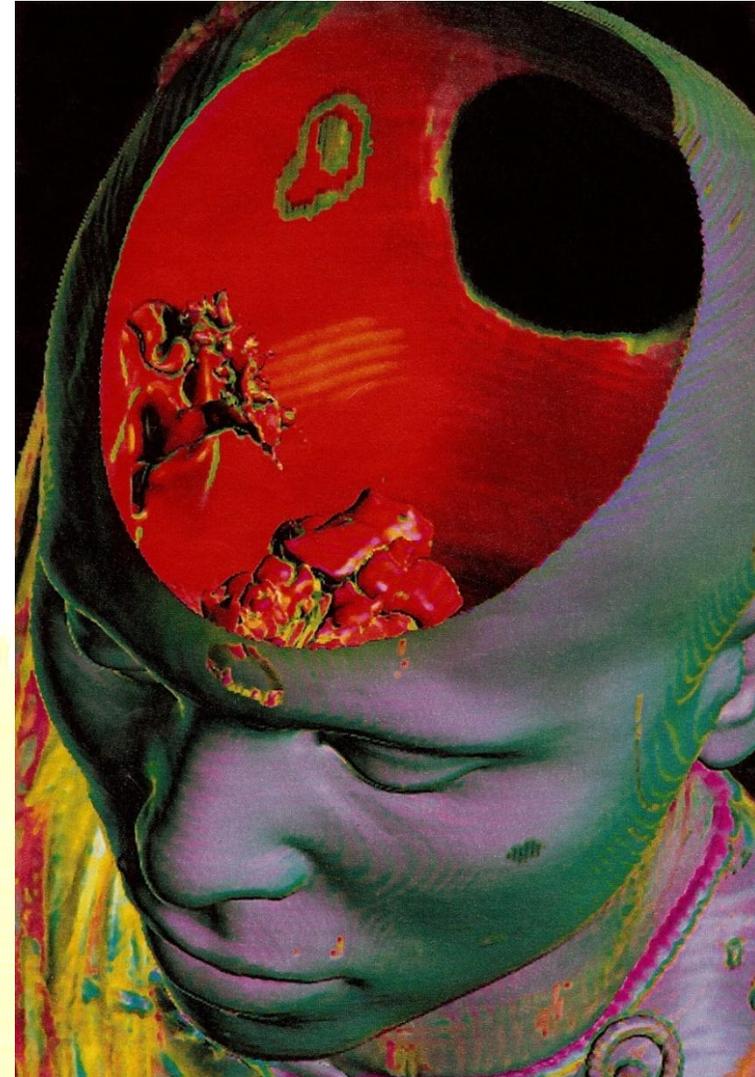
Brain - Based Training Model for Elite Performance

Life Kinetik Presentation  
NSCAA Convention 2017  
Los Angeles 01/13/2017



## The Life Kinetik formula:

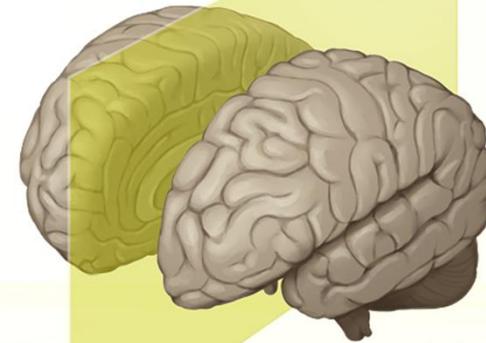
**visual acuity  
+ mental stimulation  
+ physical activity  
= better performance**





## Main components:

- **science of movement and training methodologies**
  - **functional anatomy**
  - **modern brain research**
  - **functional optometry**





## General effects of the training

- **stress reduction**
- **better relaxation**
- **better concentration and memory**
  - **better and faster learning**
- **improvement of mental and physical performance**
  - **fewer errors**
  - **increased self confidence**





## Effects of the training in sports

- faster processing of information
- better recuperation through higher quality sleep
  - increased ability to “see the field“
- increased capacity for recognizing patterns of play
  - increase of spatial awareness and orientation
- higher levels of concentration for longer periods
  - less performance anxiety
  - better teamwork

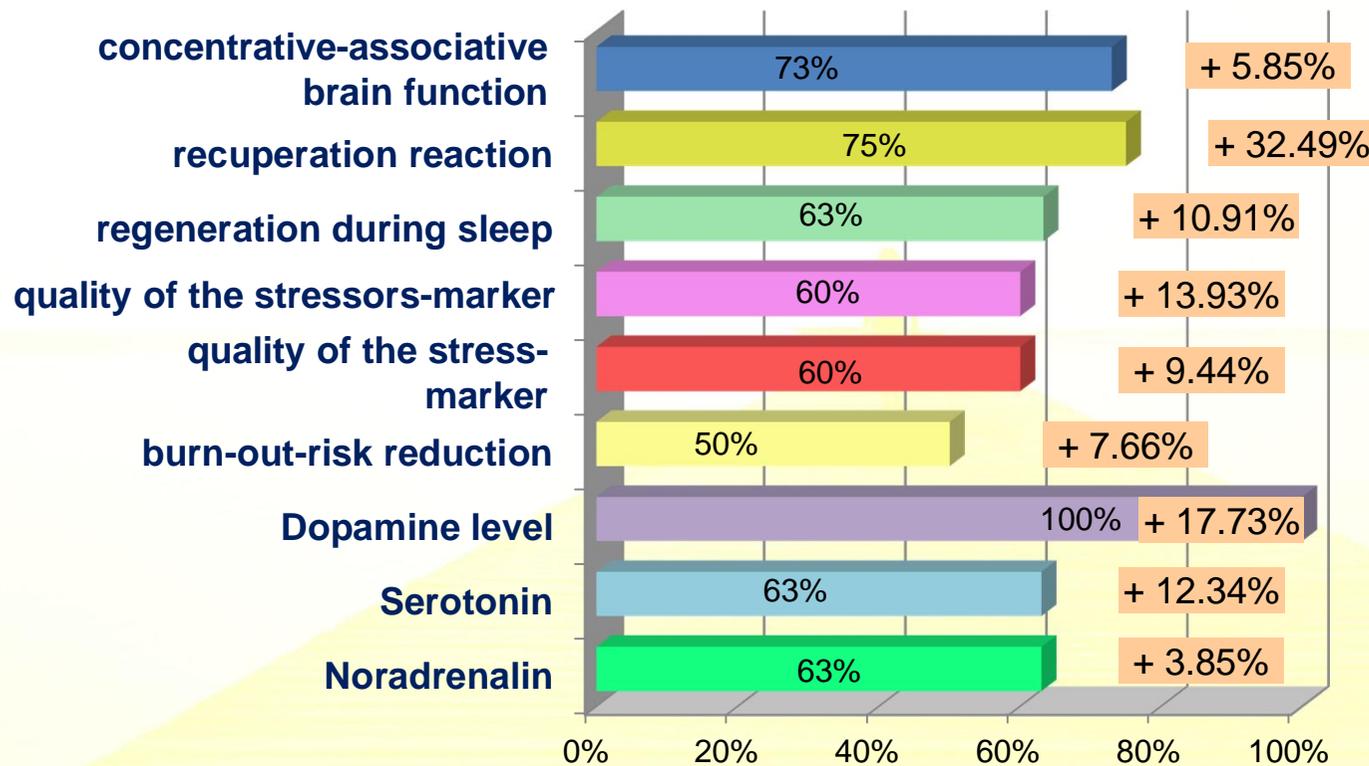




## Science

Pilot study done by the YourPrevention™ Institute (2014). Saliva-, urine-, and long term-HRV were measured. Eleven adults completed twelve 60 minute Life Kinetik training sessions in 12 weeks.

Part of the participants with improvement and their increase-value



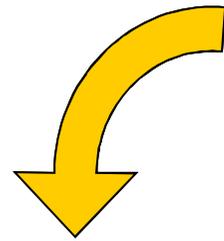
100% of the participants improved in at least two sections.

On average participants improved in 5 out of 9 sections.

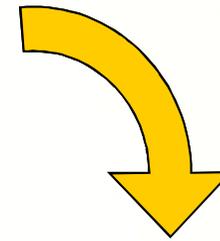
tested with the Integral Stress Test™ (Copenhagen Burnout Inventory, Efford-Reward-Imbalance Questionnaire, BioAging®-System, Landolt-Test, HRV-measurement,)



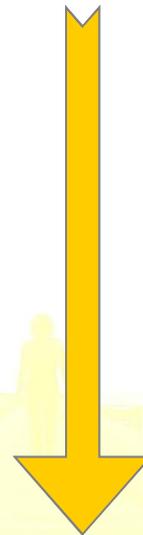
## Life Kinetik training areas



**adaptable  
body control**



**visual  
system**



**cognitive  
skills**

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## Life Kinetik training areas

**adaptable  
body control**

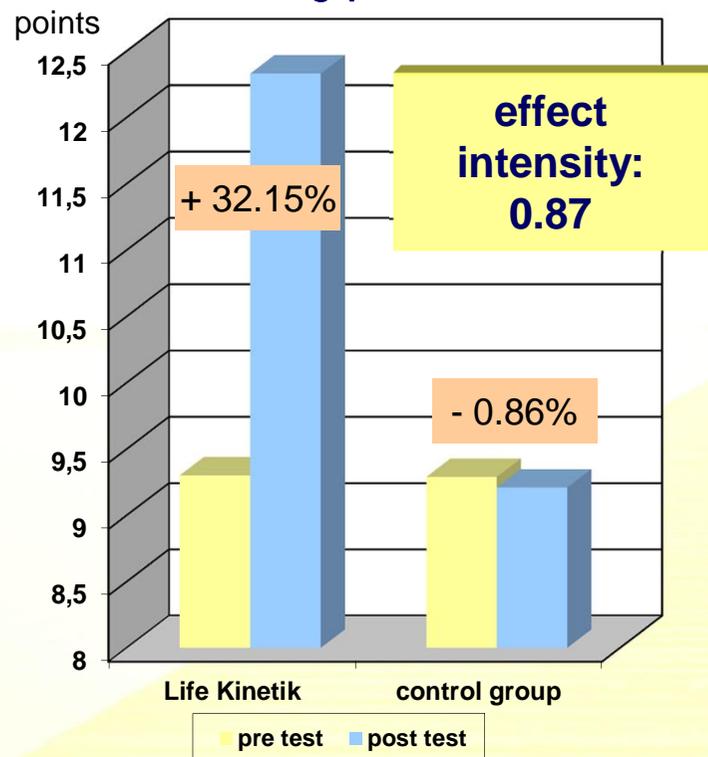
**perfect cooperation  
between the three  
dimensions of the brain**



## Science

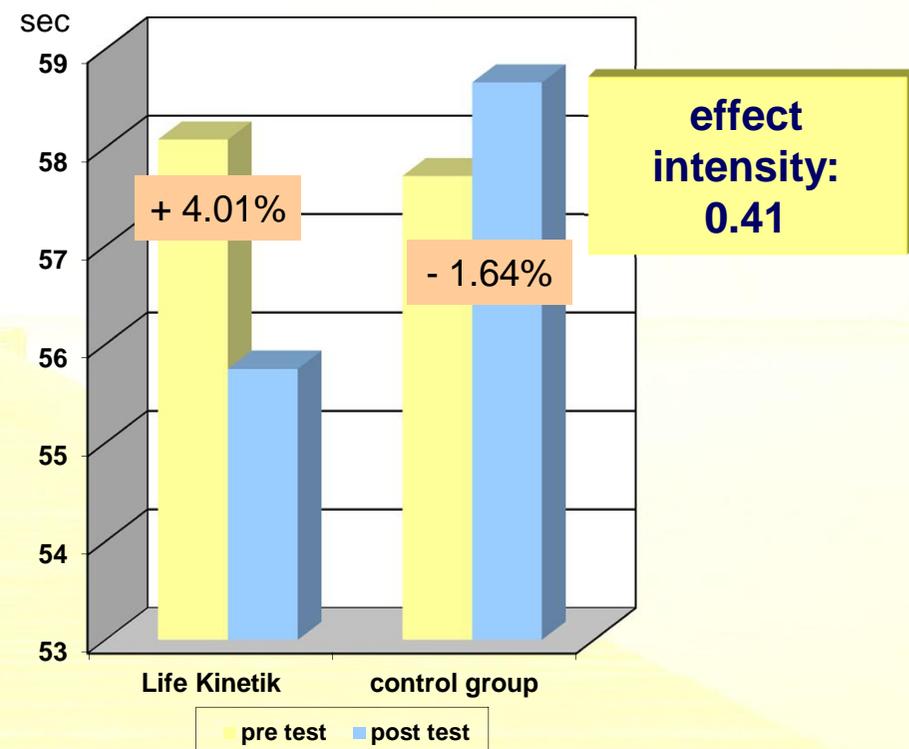
As part of his Master thesis at the FH Wiener Neustadt, Austria, Clemens Maurer researched the effect of Life Kinetik (2014). 15 youth elite soccer players performed 8, 1 hour, Life Kinetik training sessions in 8 weeks.

### Increase in goal shooting performance



Based a test by Schöllhorn et al.

### Increase in passing performance



Tested with the Loughborough Soccer Passing Tests (LSPT)



## Adaptable body control:

1. Movement change



2. Movement pattern



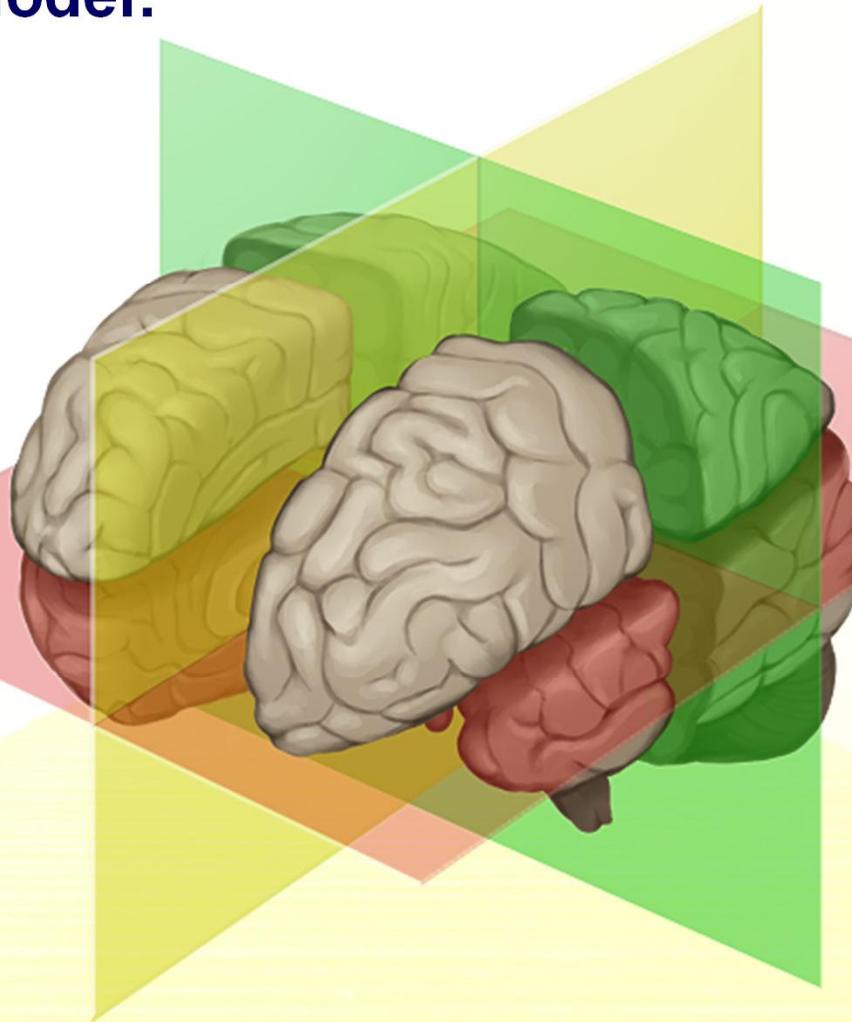
3. Movement flow



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## The synaptic model:



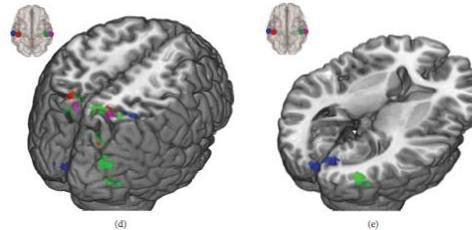


## Science

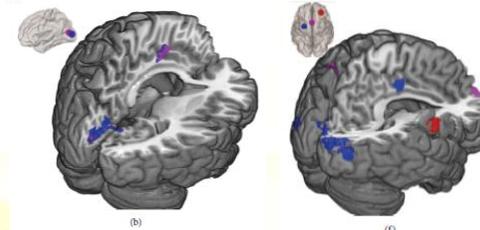
Study of the Central Institute of Mental Health, Germany, 2014 with MRT-scans. 21 of 32 adults performed over 13 weeks eleven 60 minute trainings.

Improvement of connectivity in the following brain areas

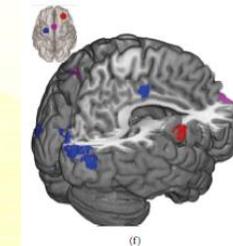
auditory perception and  
motor coordination



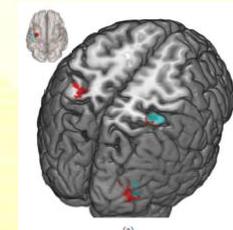
planning, execution, control and  
working memory, error detection



frontal eye field and  
visual cortex



visuo-motor coordination

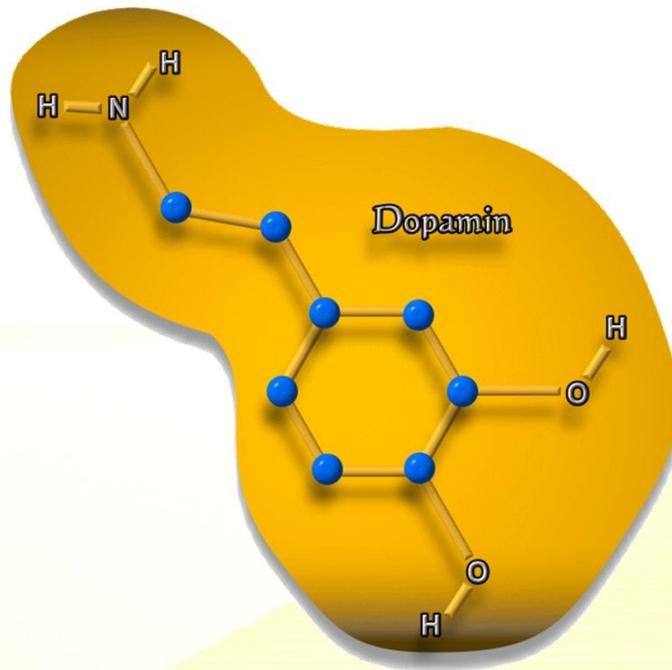


tested with MRT-scans



## Dopamine and learning

high dopamine level → better learning + creativity



unfamiliar movement tasks  
+ change as soon as routine occurs  
+ fun  
= high dopamine output

= Life Kinetik®

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## Life Kinetik training areas

**visual  
system**

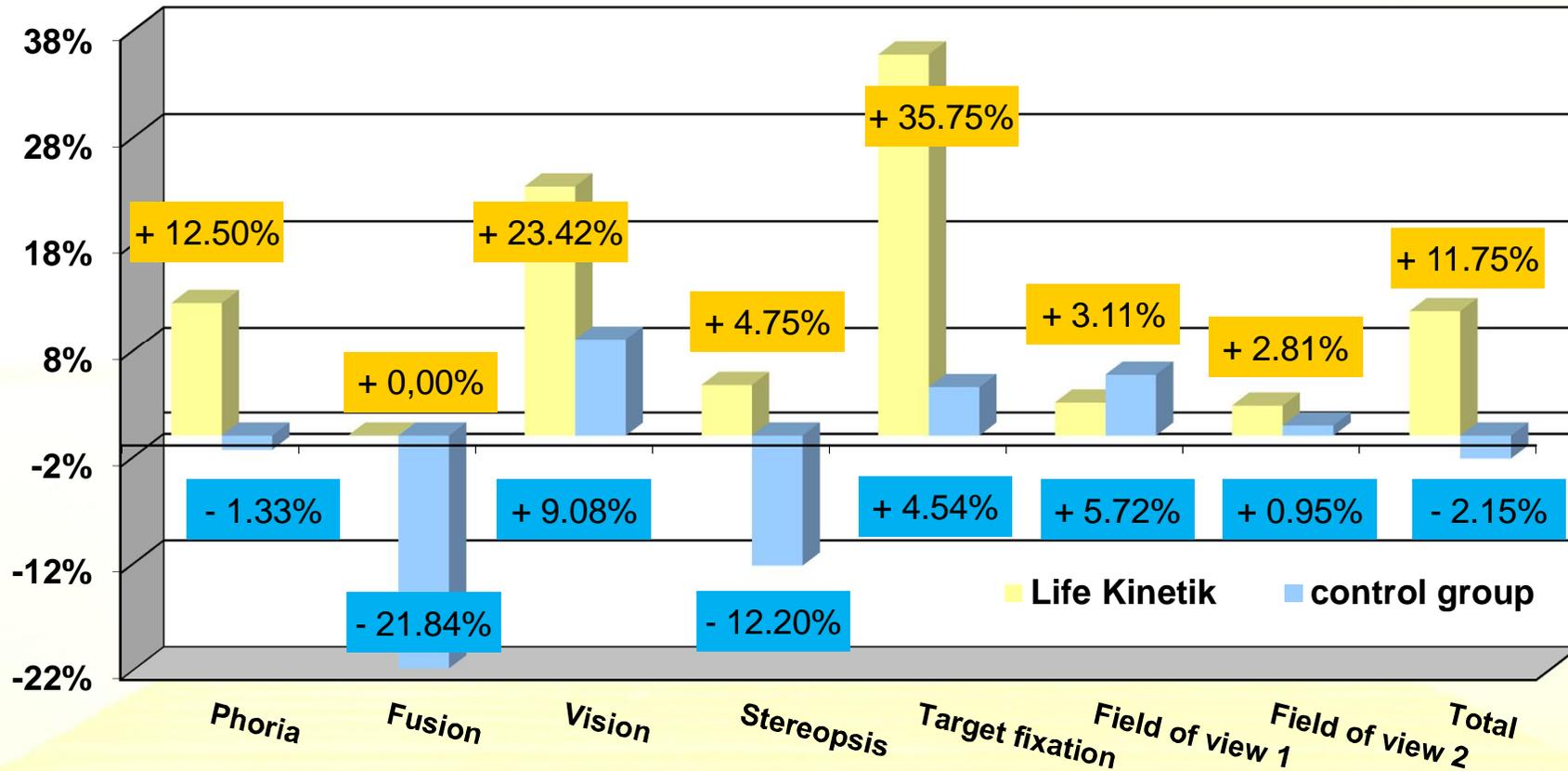
**the basic requirement  
for body coordination**



## Science

As part of his Master thesis at the FH Wiener Neustadt, Austria, Clemens Maurer researched the effect of Life Kinetik (2014). 15 youth elite soccer players performed 8, 1 hour, Life Kinetik training sessions in 8 weeks.

### visual acuity improvements



Tested with the Bernell-O-Scope, Smilie-Test, Van-Orden-Stern, Field of view test



## Visual system:

### 1. Tracking eye movement



### 2. Field of view



### 3. Eye focusing



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## Life Kinetik Training areas

**Cognitive  
skills**

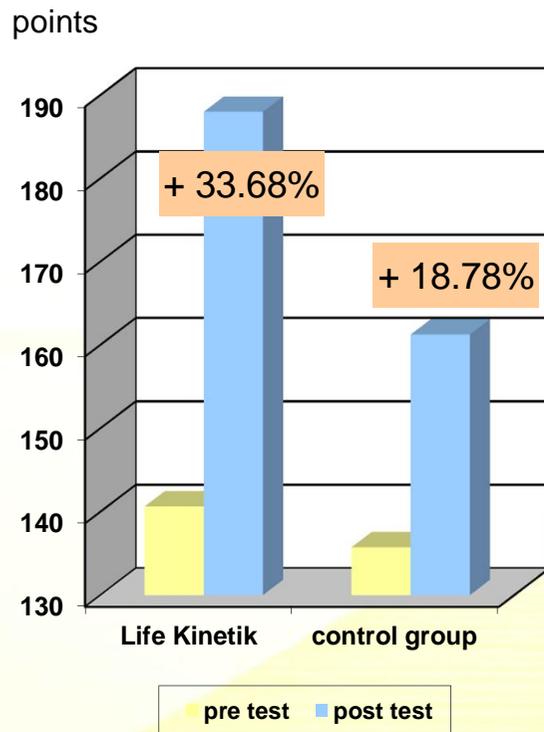
**to process as much  
information as possible  
as fast as possible**



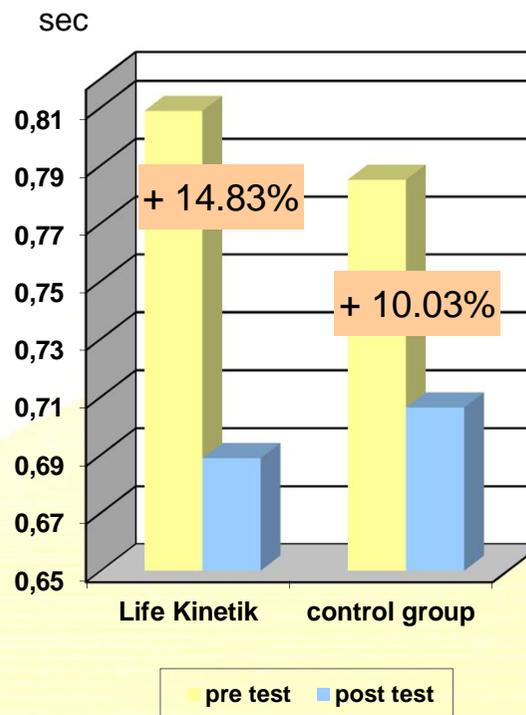
## Science

Study conducted by Christian Reus as part of his master thesis at the TU Darmstadt, 2012. Elite junior soccer players performed 15 30 minute Life Kinetik training sessions over a 6 week period.

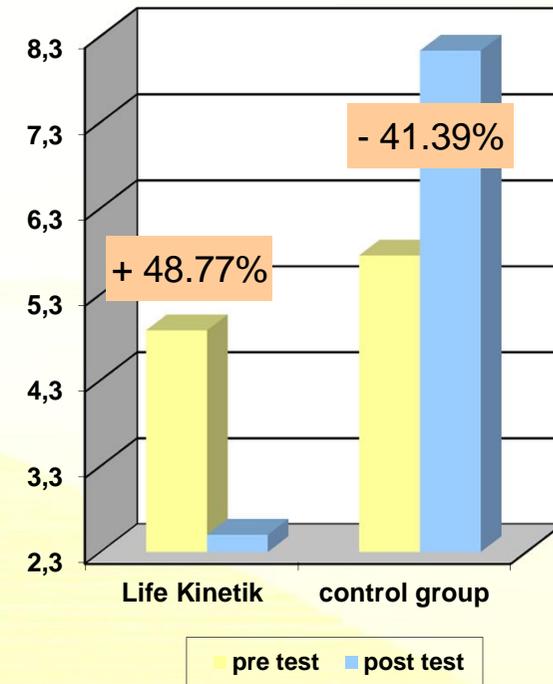
increase in concentration



increase in reaction speed



error rate change



Tested with the attention-burden-test after Brickenkamp (d2-R) and the Vienna Determination test



## Cognitive skills:

1. Working memory



2. Perception



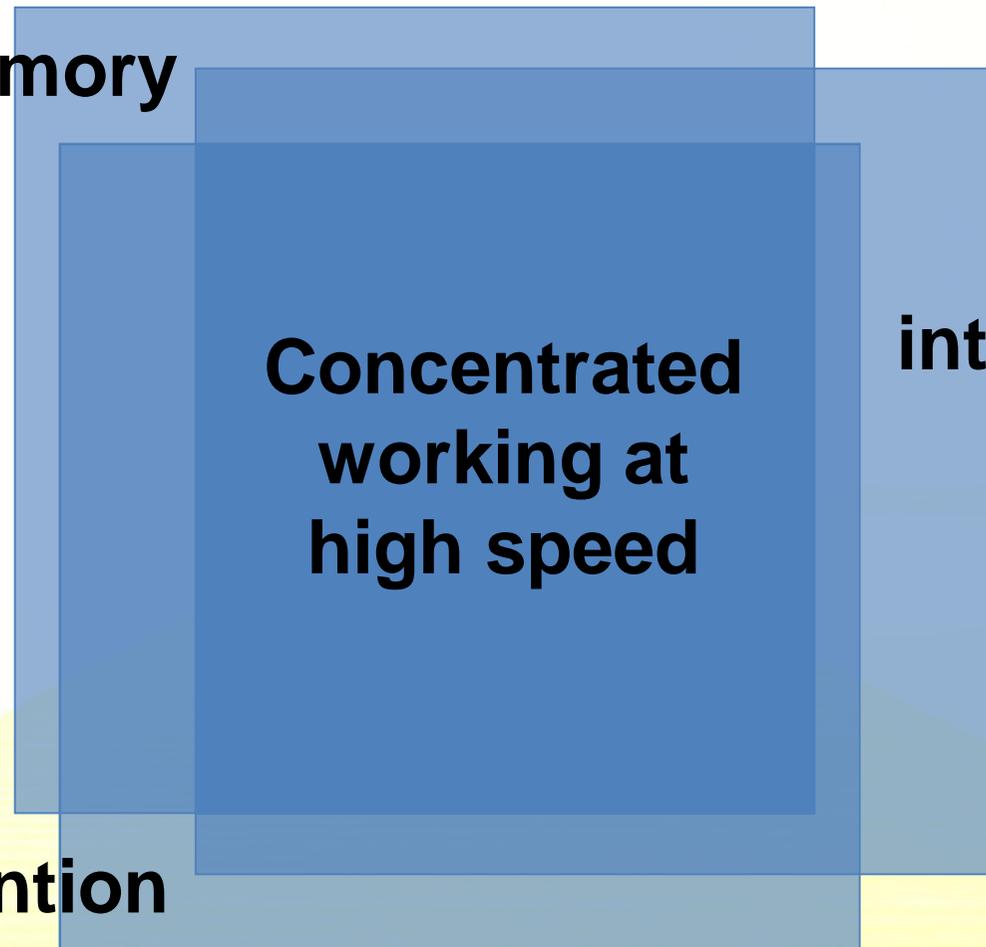
3. Recalling information





## Cognitive skills:

**Working memory**

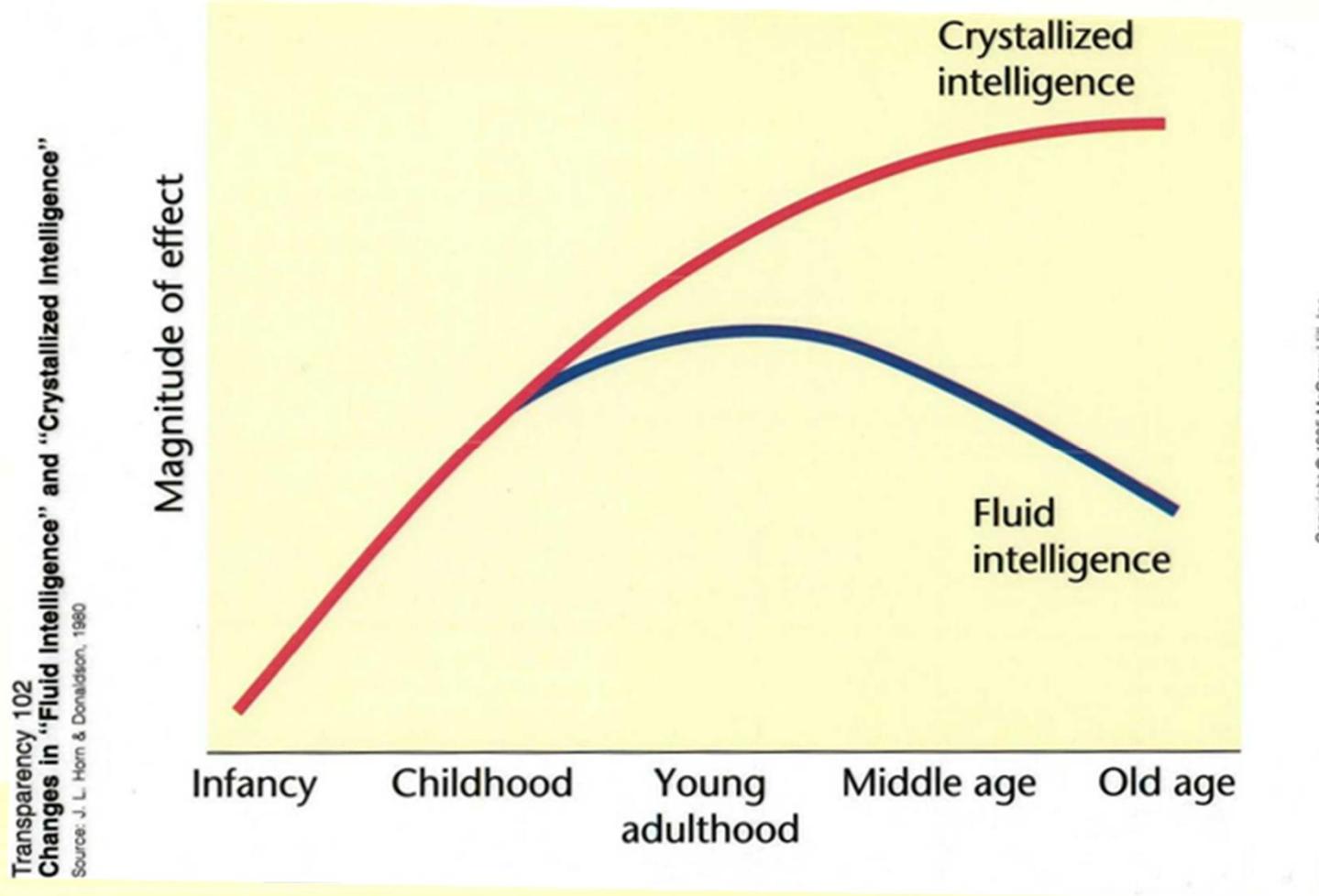


**Fluid intelligence**

**Attention**



## Cognitive skills:





## Science

As part of his final exam, Florian Feltes researched the effect of Life Kinetik at the education training center in Vettweiß, Germany (2011). 27 students absolved 20 6-minutes Life Kinetik training session in 4 weeks.

**motor performance  
increase**

**cognitive performance  
increase**

• **ability to combine movements**

• **spatial-visual tasks**

• **rhythmic ability**

• **mathematics abilities**

• **balance ability**

• **memory performance**

• **reaction ability**

• **deductive reasoning**

• **adaptability**

• **verbal fluidity**

• **the ability to understand and interpret  
verbal relationships correctly**

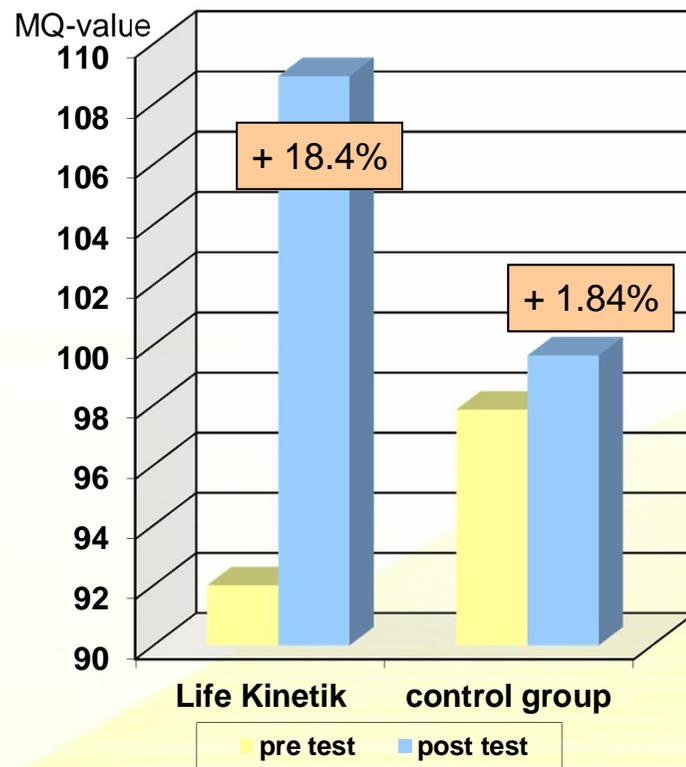
Tested with the coordination test for children KTK from Kiphard and Schilling and the test system for School- and educational advice PSB-R 6-13 from Horn



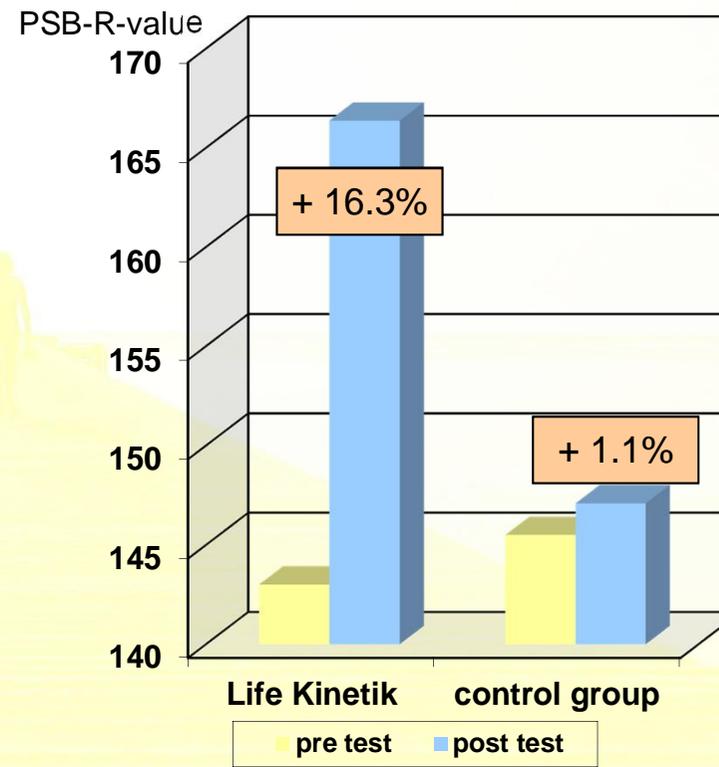
## Science

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### motor performance increase



### cognitive performance increase



Tested with the coordination test for children KTK from Kiphard and Schilling and the test system for School- and educational advice PSB-R 6-13 from Horn

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## Opinions about Life Kinetik:

***„Through Life Kinetik I recognized how important it is, to combine constantly changing coordinative exercises including training of the visual system. If the eyes are not working perfectly together in difficult situations, it becomes extremely difficult to respond correctly.”***

**Manuel Neuer, goal keeper of FC Bayern Munich and the German National Soccer Team; World Champion 2014**

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## Opinions about Life Kinetik:

*„I like Life Kinetik very much, because it encourages me when I am always shown tasks, which I have never done before. Then my ambition shows up and I want to master these very often funny exercises. I am convinced that this helps me in my development!“*

**Mats Hummels, central defender of FC Bayern Munich and the German national team; World Champion 2014**

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## Opinions about Life Kinetik:



***„Life Kinetik is, if I am honest, one of the most exciting things that I discovered in my job in the last years!“***

**Jürgen Klopp, Head Coach Liverpool FC**



## Practical approach:

- **total training time of 60 minutes per week is sufficient**
  - **perfect program for off-days**
  - **minor physical impact - no injury risk**
  - **easy to do while on the road**
- **improvement increase without practicing sports specific**





## Life Kinetik possibilities:

- **Life Kinetik courses with certified Life Kinetik trainer**
  - **Life Kinetik in rehabilitation**
  - **Life Kinetik in athletic training**
  - **Life Kinetik in youth development**
  - **Life Kinetik during warm-up**



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**Everything comes to him who hustles  
while he waits.**

**Thomas Alva Edison (1847 – 1931)**

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