

# Parent Information

## WHAT IS MOVEMENT PREPARATION?

Movement Preparation was designed using exercise and movement science principles to enhance performance and durability of participants from ages seven years old and up. Movement preparation is founded on the concept of *physical literacy* where one focuses on the development of physical competence, which leads to increased self-confidence, and ultimately, intrinsic motivation to participate.

## WHAT CAN MOVEMENT PREPARATION DO?

When movement preparation is *consistently* performed and progressed, your son or daughter can increase speed, aerobic fitness, lower body strength and power – essential fitness components for soccer, and almost any sport.

Movement preparation will increase competence for many lower body movement skills including cutting, will improve body awareness on the field of play, and will help make movement skills symmetrical for the right and left sides.

Movement preparation includes a specially designed, physical literacy enriched “core” exercise routine that is designed to aid in performance of almost any soccer skill.

Movement preparation also works to enhance confidence in movement, by allowing participants to become aware of their own ability to move. In each of the five components of movement preparation, participants are able to self-monitor and experience their progress. Knowing that one is improving their movement skills and fitness aids in development of a self-confident person.

## HOW IS IT DIFFERENT THAN A WARM-UP?

Standard and dynamic warm-ups were designed to be performed *immediately* prior to a training session or competition in order to prepare the participant for upcoming activity. Movement preparation performs the role of standard warm-up, but also works by *accumulating* benefits after each successive session.

Movement preparation was designed to increase fitness, but also enhance movement competence! Movement preparation is both muscle training and brain training.

## WHAT CAN I DO TO HELP?

By learning more about movement preparation and physical literacy, you can help your child achieve personal excellence by reinforcing the importance of this component of training to your child, other parents and coaching staff.

It is a great idea to learn the movement preparation exercises and engage your child in performing the activities with purpose and intent to improve.

For participants new to sport, and younger participants, movement preparation should be introduced in a fun and social manner. Remember, fun and friendships are key reasons why people stay in sport!