

MODULE 10

TENNIS PROFILING

HANDOUTS MOTOR

MOTIONS PREFERENCES



mytenniscloud



OBSERVATIONS / MORE EASY TO START WITH PLAYERS ON COMPLETELY DIFFERENT PROFILES ON THE MOTRICITY CURSOR

- VERY GROUNDED
- VERY AERIAL



MOTOR PREFERENCES MAGNIFYING EFFECT





PROFILING THE PREFERENCES



MOVEMENTS
OBSERVATION
TESTS

INTERACTIVE
TESTS

AXIS



PLAYING
TENNIS



FEET



MOBILE
POINT





TENNIS PLAYERS MOTOR PREFERENCES PROFILES

CARTE D'IDENTITE JOUEUR → PROFIL MOTEUR



Profil MBTI
ESTP

Introversion vs **Extraversion**
Intuition vs **Sensation**
Sentiment vs **Pensée**
Jugement vs **Perception**

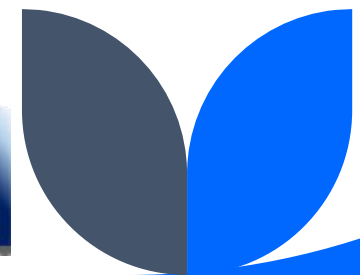
Force 1 :
EXPERIMENTER

Force 2 :
ANALYSER

Point d'équilibre :
HARMONISER

Point de vigilance (zone de travail) :
IMAGINER

Date, lieu profilage :





T



GROUND

A



AERIAL



BREATH IN



EXTENSION HAUTE
Postéro-antérieure



FLEXION HAUTE
Antéro-postérieure

BREATH OUT



MOBILE POINT ASSOCIATE OR DISSOCIATED





	ISTJ AXIAL
	ISTP LARGE
	ESTP AXIAL
	ESTJ LARGE

	ISFJ AXIAL
	ISFP LARGE
	ESFP AXIAL
	ESFJ LARGE

	INFJ AXIAL
	INFP LARGE
	ENFP AXIAL
	ENFJ LARGE

	INTJ AXIAL
	INTP LARGE
	ENTP AXIAL
	ENTJ LARGE

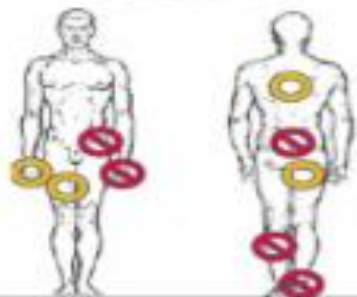


GROUNDED DISSOCIATED 1

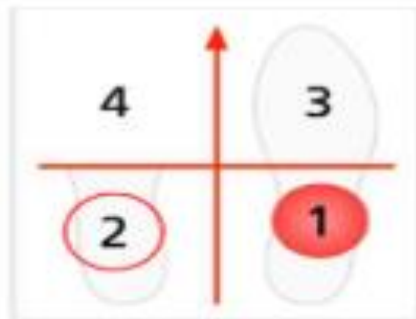
- Triple flexion
- Mobil point D 8
- Focus vision
- Breath in
- Hit arm's length
- Fine coordination

TENNIS PLAYER PROFIL
DISTAL DISSOCIATE
OR BACK SPINAL

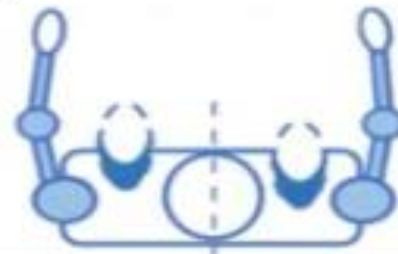
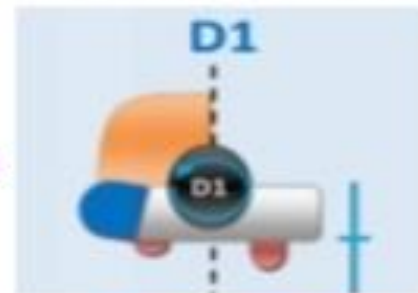
D 1



Besoin informatif
CLAIR/SUCCINCT
Action :
INSTINCTIVE



Need keep
Head -Trunk
Vertical position



ESTP
AXIAL



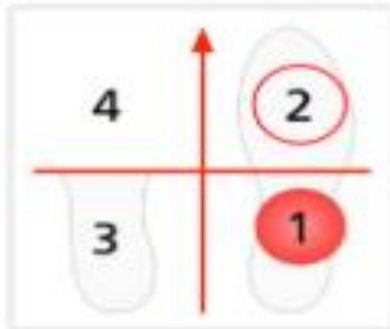
GROUNDING DISSOCIATED 2

- Triple flexion
- Mobil point D 8
- Focus vision
- Breath in
- Hit arm's length
- Fine coordination

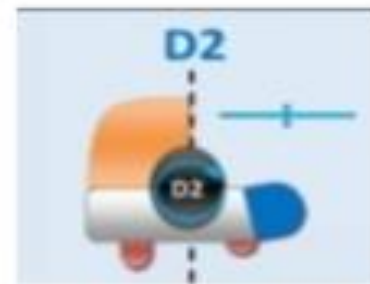
Besoin informatif
CLAIR/SUCCINCT
 Action :
INSTINCTIVE



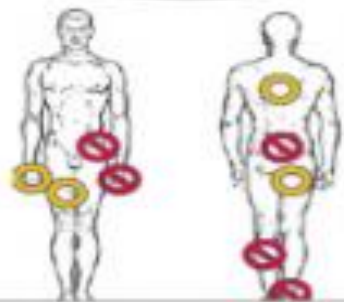
TENNIS PLAYER PROFIL **D 2**
 DISTAL DISSOCIATE
 OR BACK SPINAL



Need to
 side-bend
 Head-Trunk



ISTP
LARGE



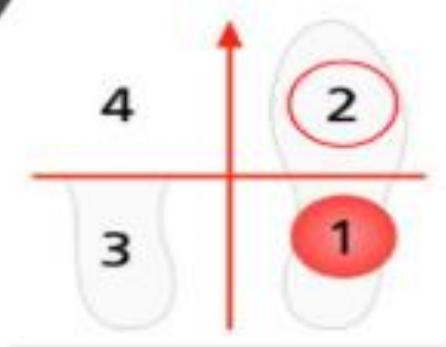


GROUNDED DISSOCIATED 3

- Triple flexion
- Mobil point D 8
- Focus vision
- Breath in
- Hit arm's length
- Fine coordination

TENNIS PLAYER PROFIL D3
DISTAL DISSOCIATE
OR BACK SPINAL

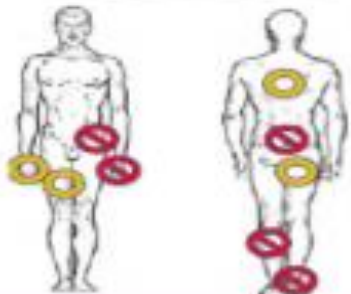
Besoin informatif
CLAIR/SUCCINCT
Action :
INSTINCTIVE



Need to
Side-bend
Head-Trunk



EST J
LARGE



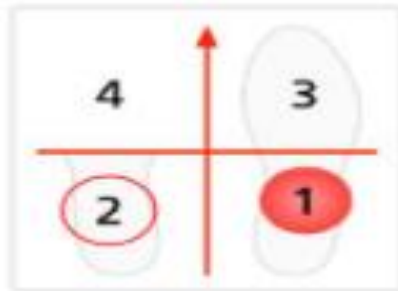


GROUNDING DISSOCIATED 4

- Triple flexion
- Mobil point D 8
- Focus vision
- Breath in
- Hit arm's length
- Fine coordination

TENNIS PLAYER PROFIL D4
DISTAL DISSOCIATE
OR BACK SPINAL

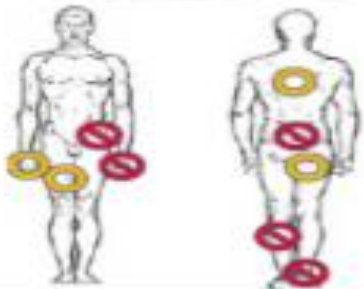
Besoin informatif
CLAIR/SUCCINCT
Action :
INSTINCTIVE



Need to keep
Head-Trunk
vertical



ISTJ
AXIAL





GROUNDED ASSOCIATED 1

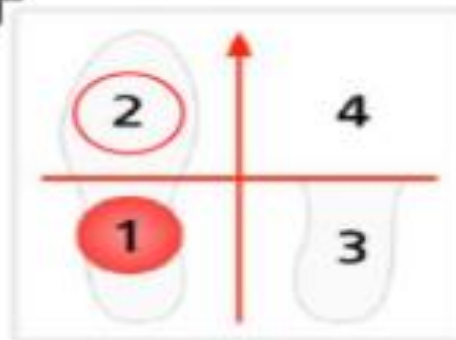
- triple flexion
- Mobil point L 5
- Global vision
- Breath out
- Hit close to body
- Big muscles coordination

TENNIS PLAYER PROFIL

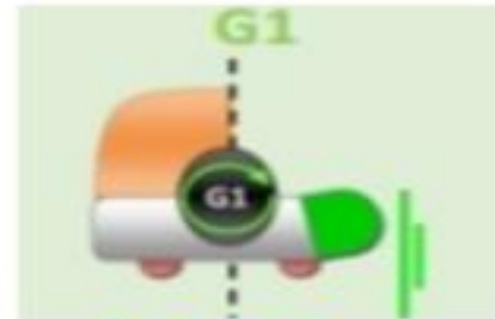
G1

GLOBAL ASSOCIATE

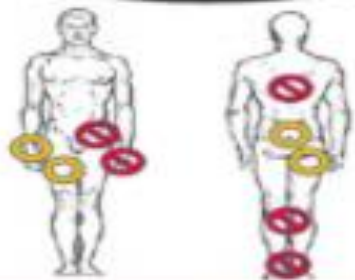
Besoin informatif
CLAIR/SUCCINCT
 Action :
INSTINCTIVE



Need keep Head-Trunk vertical



ESFP
AXIAL



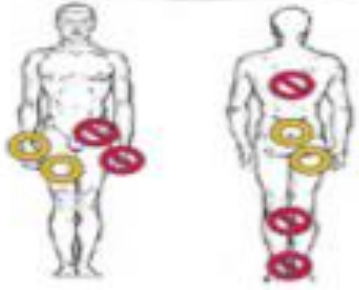


GROUNDED ASSOCIATED 2

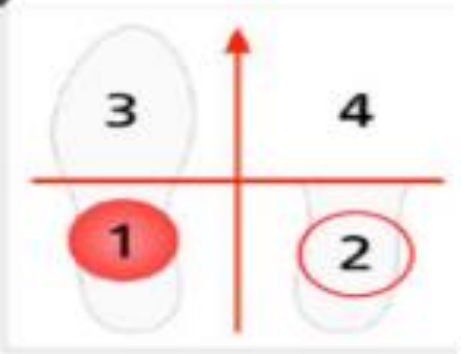
- triple flexion
- Mobil point L 5
- Global vision
- Breath out
- Hit close to body
- Big muscles coordination

TENNIS PLAYER PROFIL **G2**

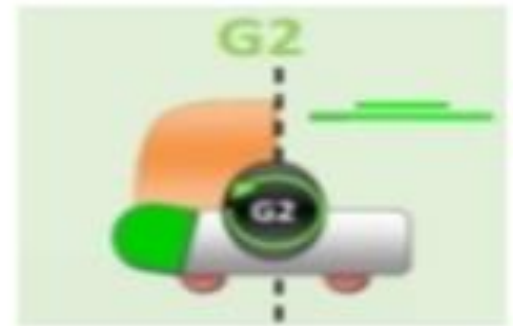
GLOBAL ASSOCIATE



Besoin informatif
CLAIR/SUCCINCT
Action :
INSTINCTIVE



Need keep
Head-Trunk
vertical



ISFP
LARGE

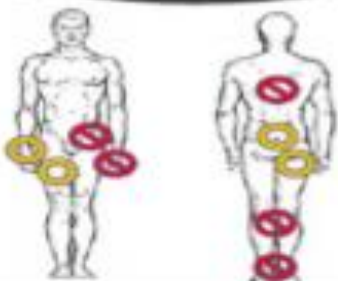


GROUNDED ASSOCIATED 3

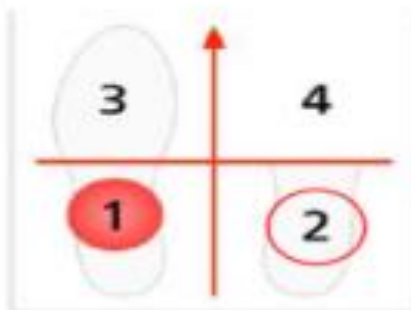
- triple flexion
- Mobil point L 5
- Global vision
- Breath out
- Hit close to body
- Big muscles coordination

TENNIS PLAYER PROFIL **G3**

GLOBAL ASSOCIATE



Besoin informatif
CLAIR/SUCCINCT
Action :
INSTINCTIVE



Need
side bend
Head-Trunk



ESFJ
LARGE





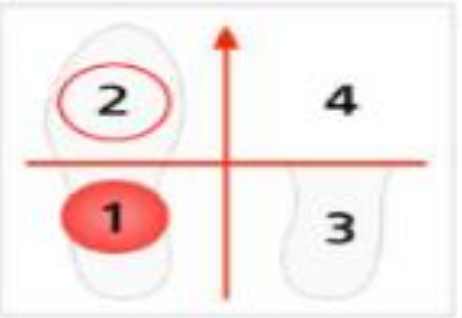
GROUNDED ASSOCIATED 4

- triple flexion
- Mobil point L 5
- Global vision
- Breath out
- Hit close to body
- Big muscles coordination

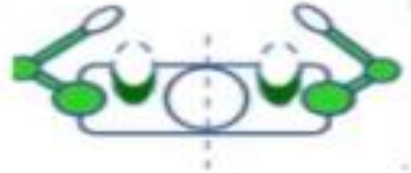
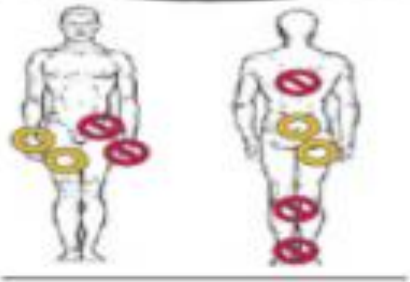
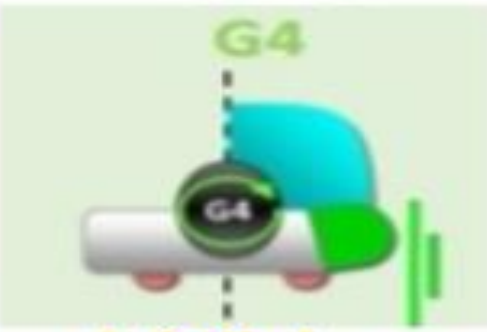
Besoin informatif
CLAIR/SUCCINCT
 Action :
INSTINCTIVE



TENNIS PLAYER PROFIL **G4**
GROUNDED ASSOCIATE



Need keep
 Hed-Trunk
 vertical



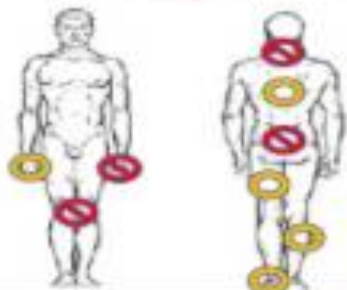
ISFJ
AXIAL



AERIAL DISSOCIATED 1

- Triple extension
- Mobil point D 8
- Global vision
- Breath out
- Hit far left / close right side
- Rhythmic coordination

TENNIS PLAYER PROFIL R 1
AERIAL DISSOCIATE
OR FRONT SPINAL



Besoin informatif

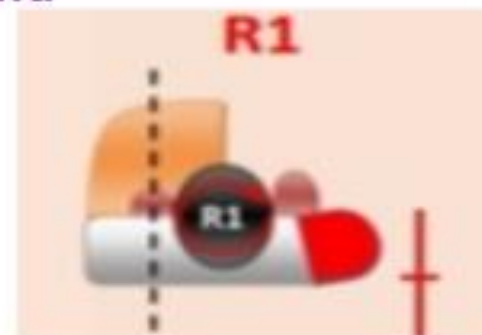
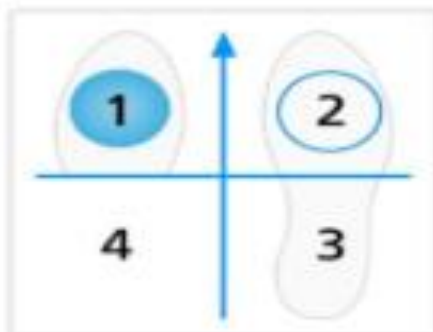
SENS

Action :

SENS



Need side bend
Head-Trunk



ENFP
AXIAL





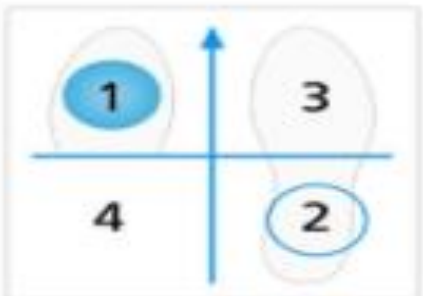
AERIAL DISSOCIATED 2

- Triple extension
- Mobil point D 8
- Global vision
- Breath out
- Hit far left / close right side
- Rhythmic coordination

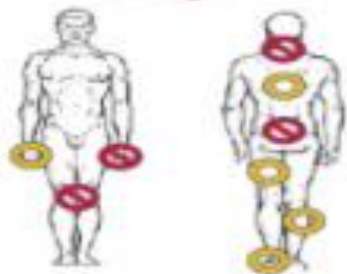
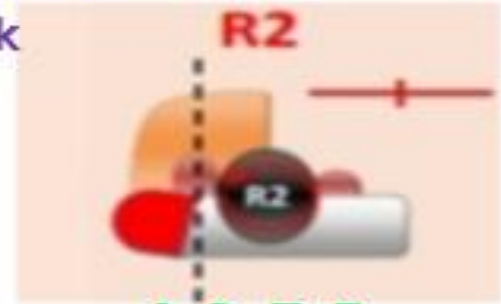
Besoin informatif
SENS
 Action :
SENS



TENNIS PLAYER PROFIL R 2
 AERIAL DISSOCIATE
 OR FRONT SPINAL



Need side bend
 Head-Trunk



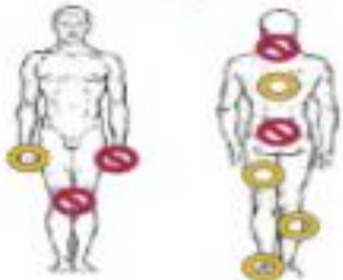
ISFP
 LARGE



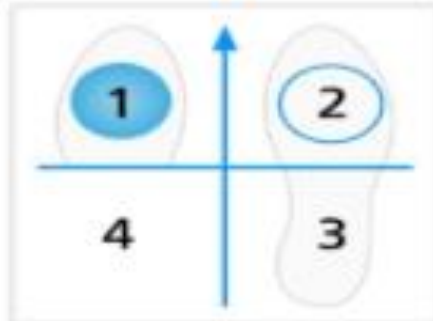
AERIAL DISSOCIATED 3

- Triple extension
- Mobil point D 8
- Global vision
- Breath out
- Hit far left / close right side
- Rhythmic coordination

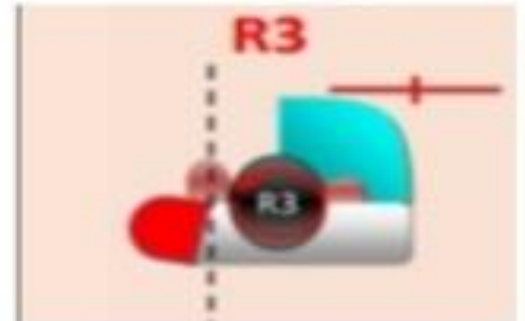
TENNIS PLAYER PROFIL R 3
AERIAL DISSOCIATE
OR FRONT SPINAL



Besoin informatif
SENS
Action :
SENS



Need side
bend
Head-Trunk



ENFJ
LARGE





AERIAL DISSOCIATED 4



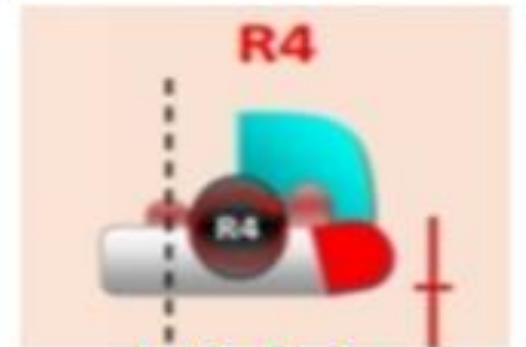
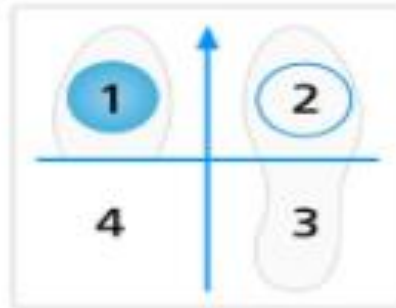
- Triple extension
- Mobil point D 8
- Global vision
- Breath out
- Hit far left / close right side
- Rhythmic coordination

TENNIS PLAYER PROFIL R 4
AERIAL DISSOCIATE
OR FRONT SPINAL

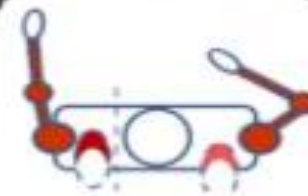
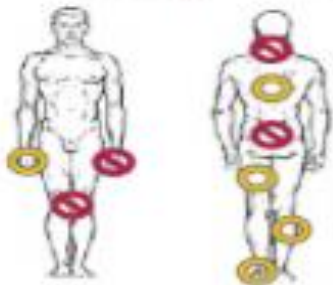
Besoin informatif
CLAIR/SUCCINCT
Action :
INSTINCTIVE



Need keep
Head-Trunk
vertical



I N F J
AXIAL



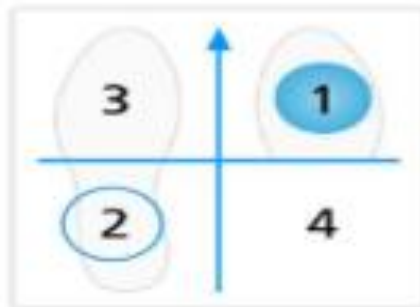


AERIAL ASSOCIATED 1

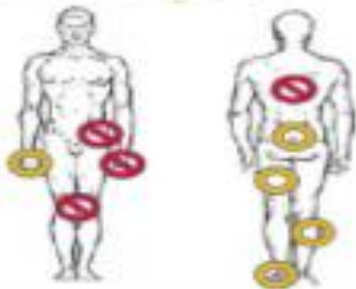
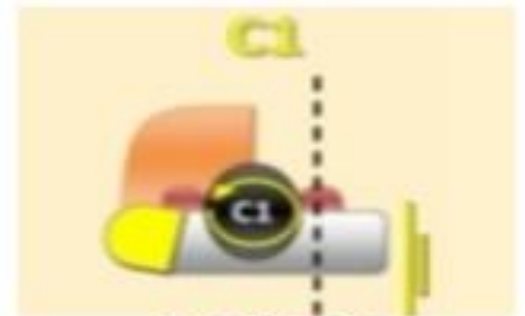
- Triple extension
- Mobil point L5
- Focus vision
- Breath in
- Hit far right : close left side
- Right hip dominant

TENNIS PLAYER PROFIL C 1
AERIAL ASSOCIATE

Besoin informatif
STRATEGIE
Action :
STRATEGIQUE



Need keep
Head-Trunk
vertical



ENTP
AXIAL



AERIAL ASSOCIATED 2

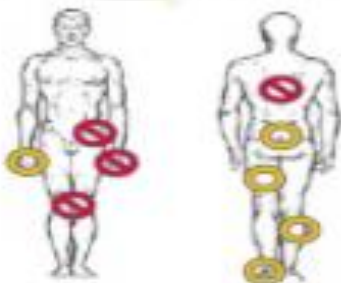
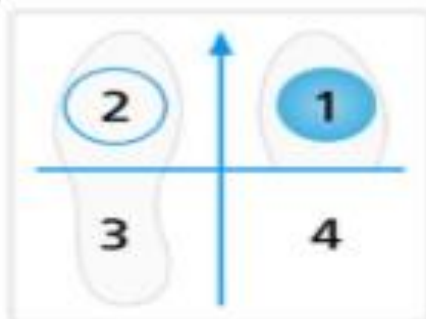
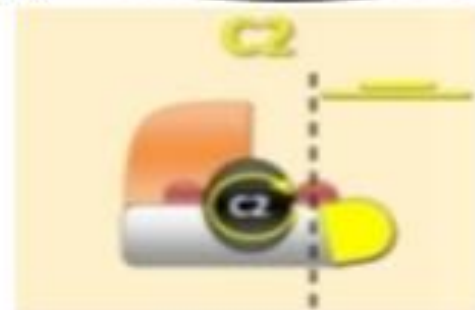
- Triple extension
- Mobil point L5
- Focus vision
- Breath in
- Hit far right : close left side
- Right hip dominant

TENNIS PLAYER PROFIL C 2
AERIAL ASSOCIATE

Besoin informatif
STRATEGIE
Action :
STRATEGIQUE



Need side bend
Head-Trunk



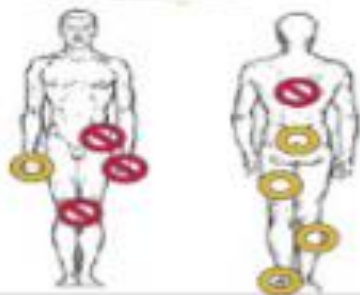
INTP
LARGE



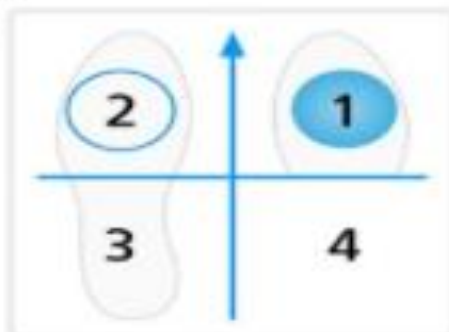
AERIAL ASSOCIATED 3

- Triple extension
- Mobil point L5
- Focus vision
- Breath in
- Hit far right : close left side
- Right hip dominant

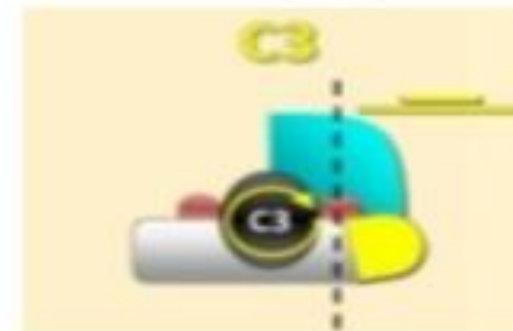
TENNIS PLAYER PROFIL C 3
AERIAL ASSOCIATE



Besoin informatif
STRATEGIE
Action :
STRATEGIQUE



Need
side bend
Head-Trunk



ENTJ
LARGE



AERIAL ASSOCIATED 4

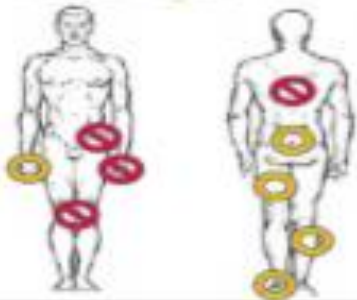
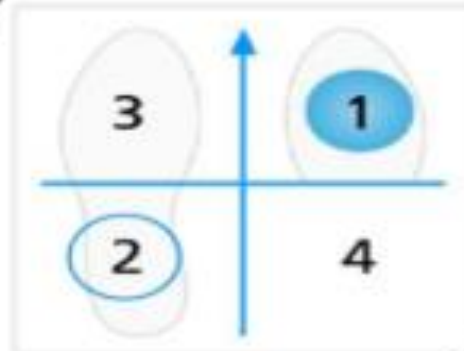
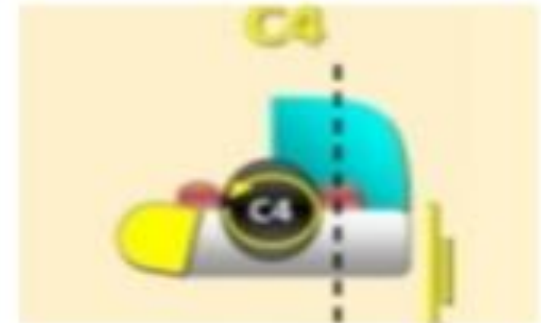
- Triple extension
- Mobil point L5
- Focus vision
- Breath in
- Hit far right : close left side
- Right hip dominant

TENNIS PLAYER PROFIL C 4
AERIAL ASSOCIATE

Besoin Informatif
STRATEGIE
Action :
STRATEGIQUE



Need keep
Head-Trunk
vertical



INTJ
AXIAL

**THANK YOU AND
QUESTION TIME**



mytenniscloud

