

Triphasic Triple Stack

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Starting Position

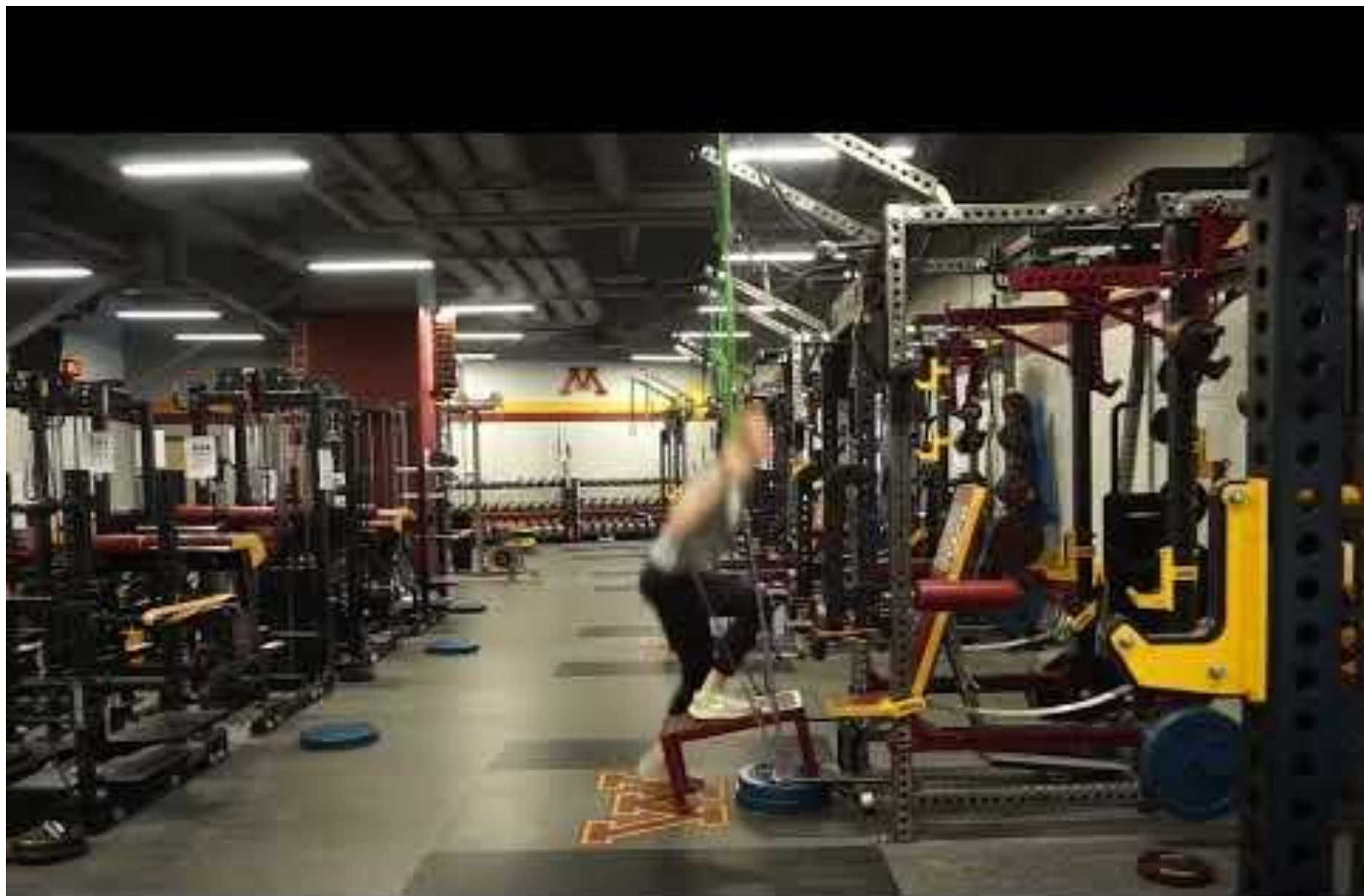
- Narrow stance
 - Hips should descend vertically
 - “Drop hips to heel”
- Shoulders over the toes
- If incorporating NXCIT, supinated hand is ipsilateral with stance foot
- Floating heel
 - Big Toe Lifts up on the Way Down
 - [Ankle Rocker Concepts](#)
 - Big toe grips on the Way up
 - Pre-stretch the Achilles
- Active pull into the floor - to get in position



Bottom Position

- Hips over heels
 - Greater contribution from hip abductors
- Knee forward of toes, more vertical torso
 - Weight on ball of the foot
 - Shorter moment arm for hip extensors
 - Horizontal application of force
- Floating heel
 - Active arch
 - Dynamic stability
- [Squeeze the big toe - Video to watch](#)
 - Babinski Reflex
 - Glute activation
- Trying to achieve a position that is more commonly found in sports than seen in more traditional bilateral or unilateral squat patterns



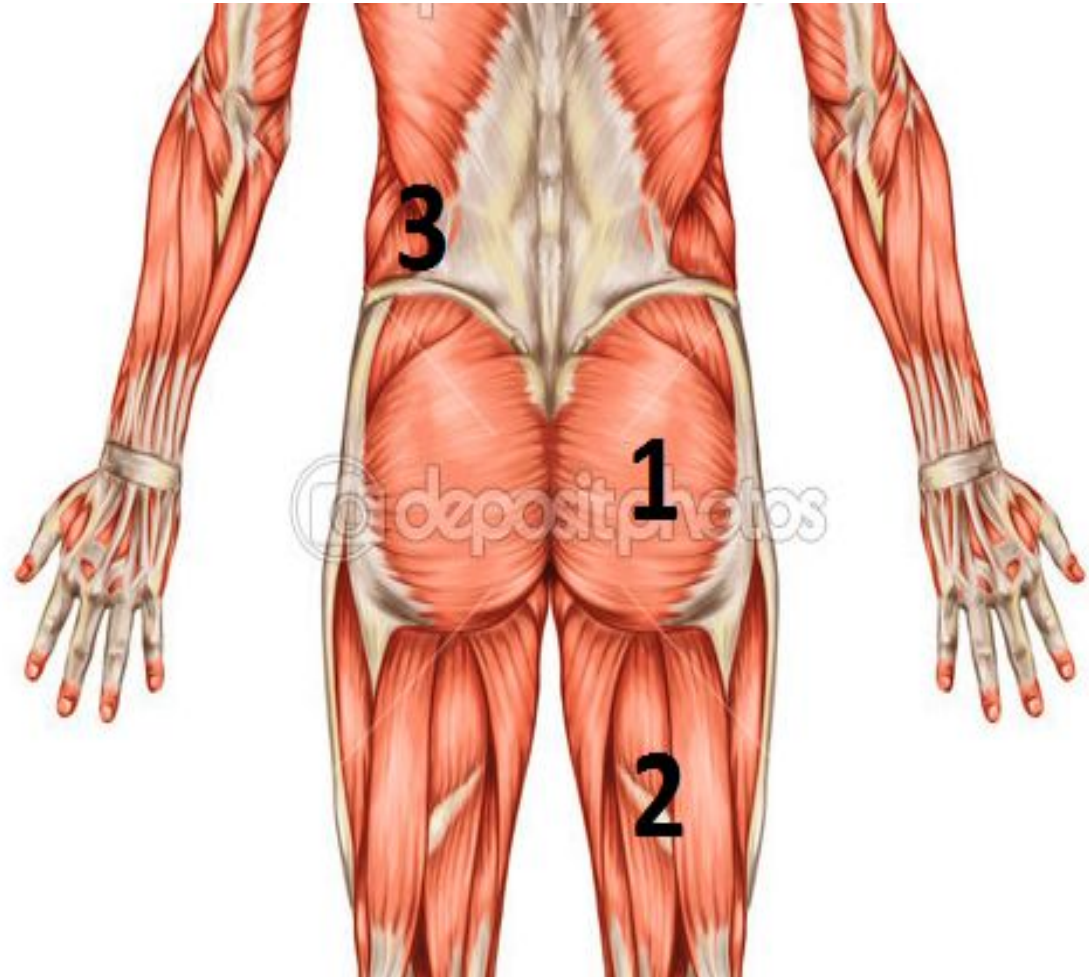




Correct Hip Extension Firing Pattern

- 1) Glutes
- 2) Hamstring
- 3) Contralateral QL

- Most Functional High Performan
[How To Test](#)



Ankle and Calf in TTS

Vertical Shin & Olympic Squats Have Limits

Vertical Jump Testing

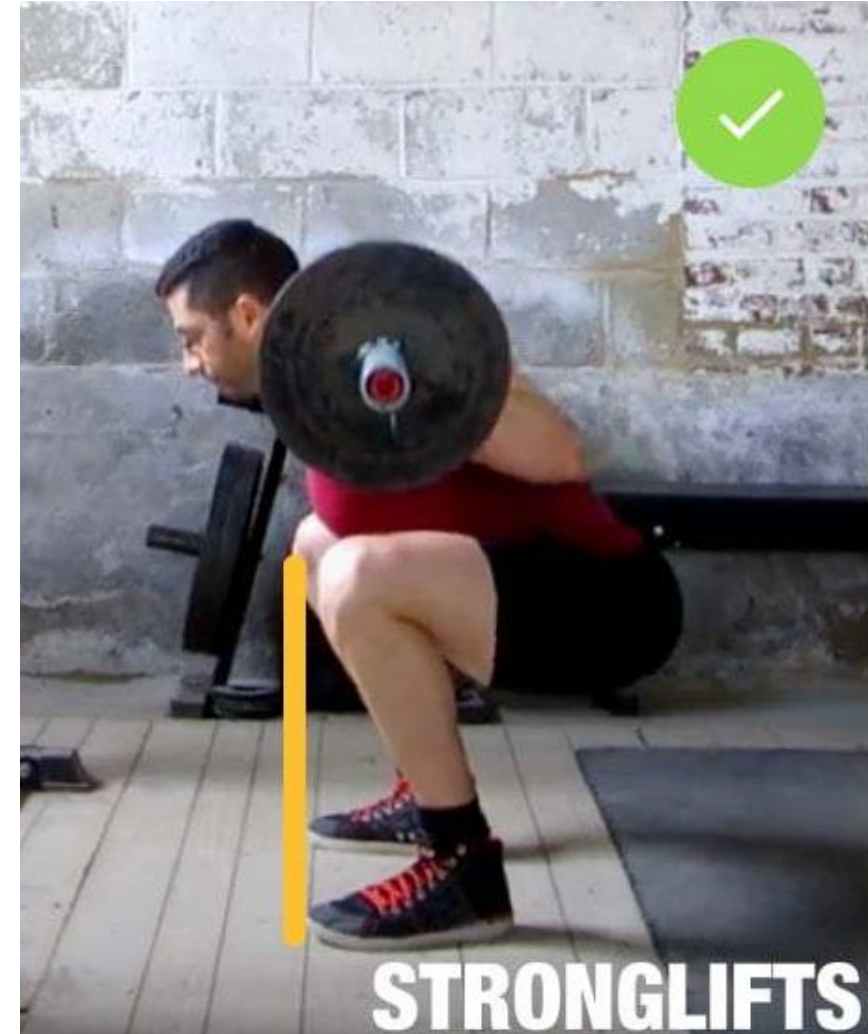
Torso Angle and Glute Activation

Lifts on Toes – Most Squatting,
Lunges, Step Ups, Pit sharks

Most Plyo's jumps are on toes!

What Position is More Athletic?

Safety Bar Split Squat Part 1 & SBSS Part 2



Ankle Rocker Part 1 - Ankle Rocker Part 2



Concepts involved in Triphasic Triple Stack

[The Toe Glute Reflex Sequencing Video](#)

[Ankle Rocker Part 1](#) - [Ankle Rocker Part 2](#)

[Coaching point to Triphasic Change Of Direction](#)

[Safety Bar Split Squat Part 1](#) & [SBSS Part 2](#)

[Spring ankle and Performance](#)

Finishing Thoughts

- Explosive intent out of the hole
 - Finish tall
- [Foot Shift Integration](#)
 - Dependent on training block
- Pronate toward the big toe

