

5.7 – Why the Spring Ankle Series

The entire chain needs to be structurally strong in order for power to be fluidly transferred from the body into the surface of the ground. Without this fluid transfer of energy, the body will once again put a governor on power output or there will be a large leak in energy thus dissipating any high rate of return energy. You will begin to see that many athletes are strong in some positions while they lack structural strength to a detrimental point in other positions that may only require a slight deviation. The nature of sport dictates that there will continuously be varying angles in which the athlete must push from. Therefore, we need to help ensure that the athlete is efficient and able to reduce any leak in energy when pushing from the spontaneously varying angles that occur.

In order to transfer, preserve or conserve as much energy as possible up-and-down the chain we need to identify as many different power leaks as we possibly can. As we discussed the foot and ankle are loaded with these power leaks. In the footpad alone you can lose as much as 30% of your energy! While a small degree of these leaks is necessary, we want to limit the unnecessary losses in energy. Some leaking is important due to the fact that the body cannot withstand 100% of the produced energy up and down the entire chain. Our goal is to make sure that there are no excessive leaks in the transference of energy in areas that are unnecessary.

With this section you will find a handful of videos covering the Spring Ankle Series along with a great video discussing the key coaching points to each of the positions in the series.