

**2019 NSCA HOCKEY
STRENGTH & CONDITIONING
CLINIC & LIVE STREAM**



Conflict of Interest Statement

I currently have, or I have had in the past 2 years an affiliation or financial interest with [company name(s)] around this presentation, including:

- Consulting
- Employment
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- Honoraria
- Promotional fees
- Research funding
- Corporate laboratory funding
- Scholarship
- Other(s)

Conflict of Interest Statement

I have no actual or potential conflict of interest in relation to this presentation.

Exploring the Corners of Human Movement and its Capabilities

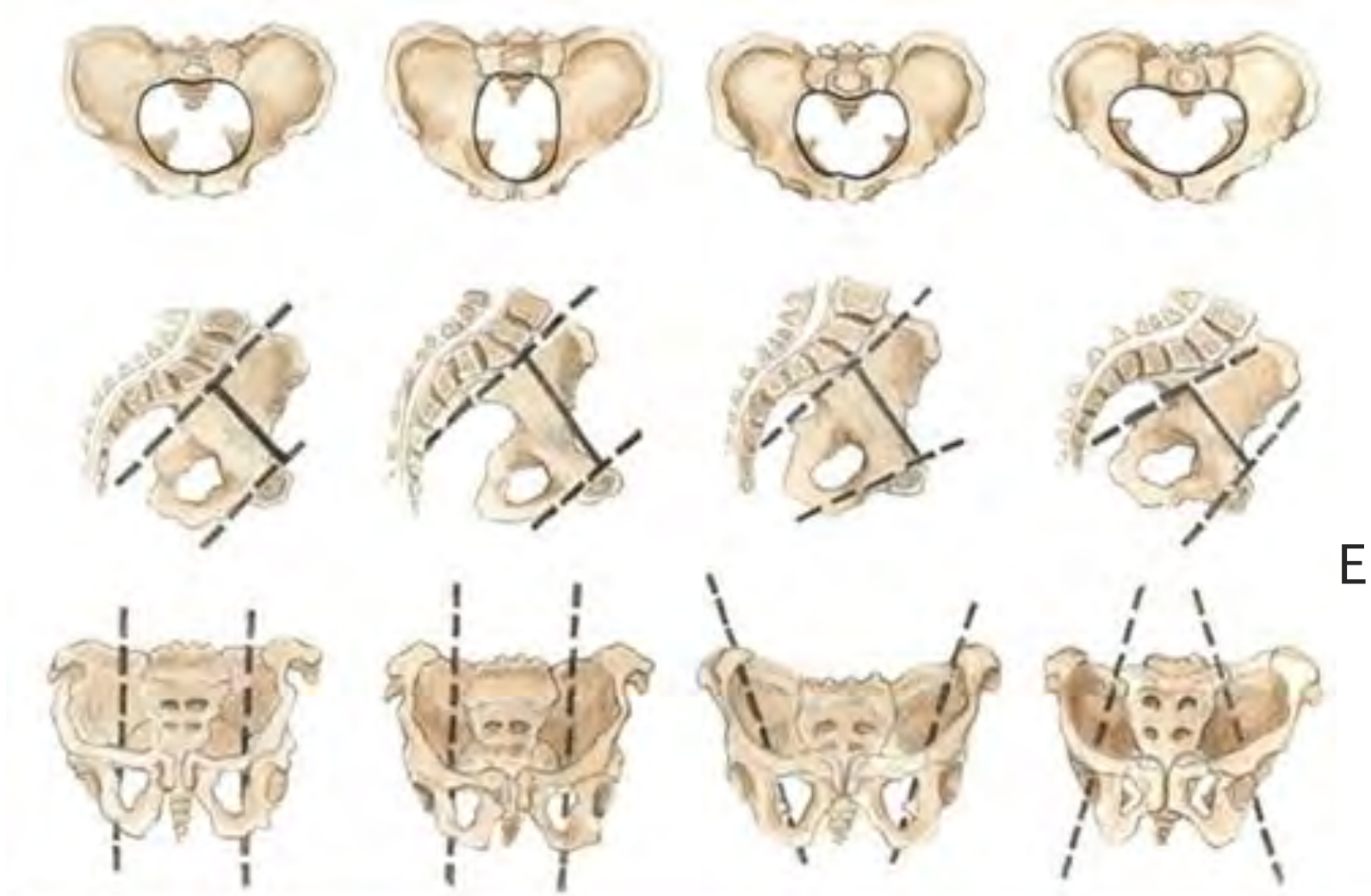
Vernon Griffith II, CSCS*D, TSAC-F*D

Capacity for motion, the ability to move, be moved or **adapt**



All hips are not created equal
The foot feeds the hip
The ankle floats the hip
The hips govern power

All hips are not created equal



Anatomical differences
Environment compensations
Injury reorganization

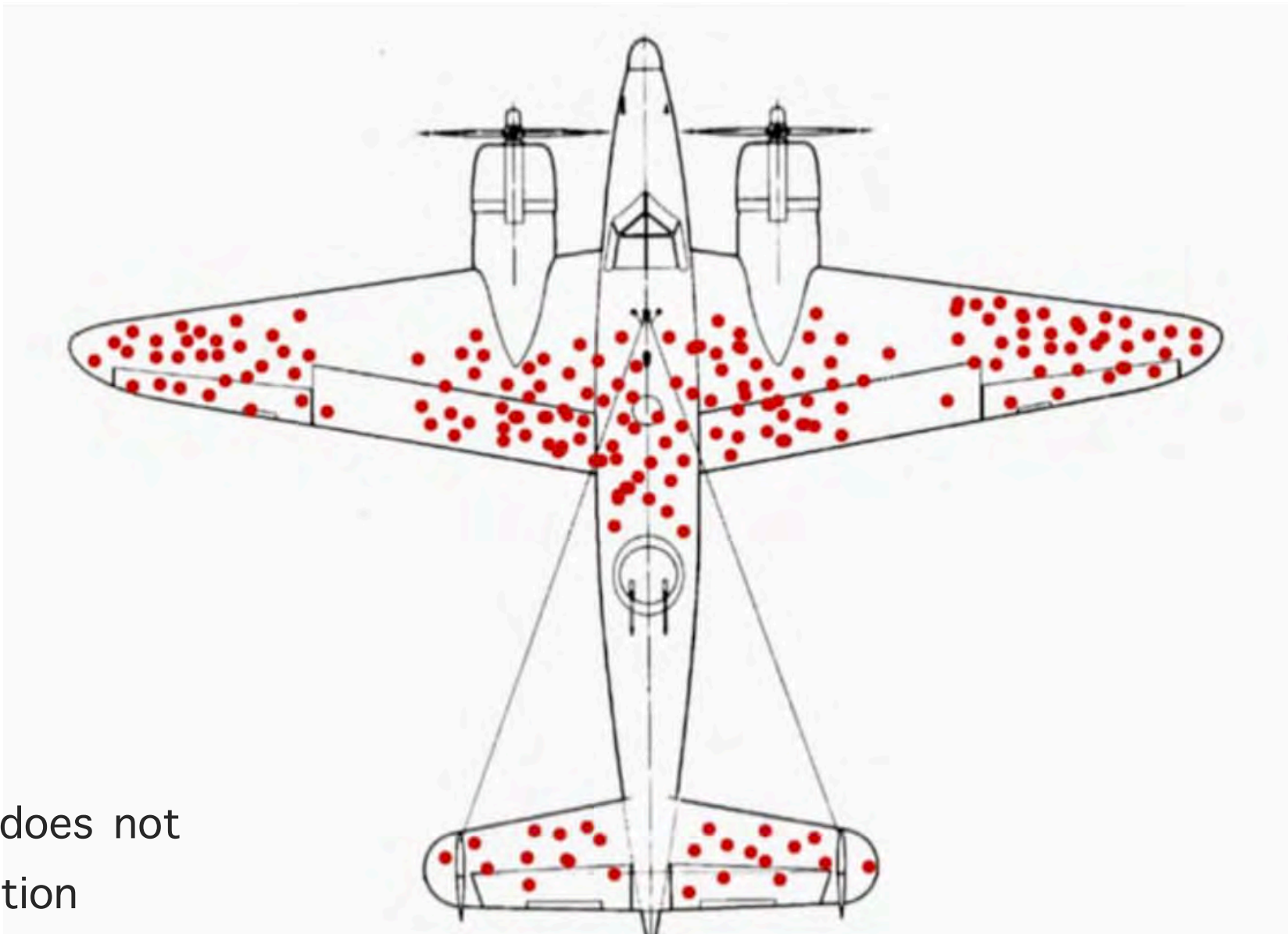
The coaches eye is
very opinionated



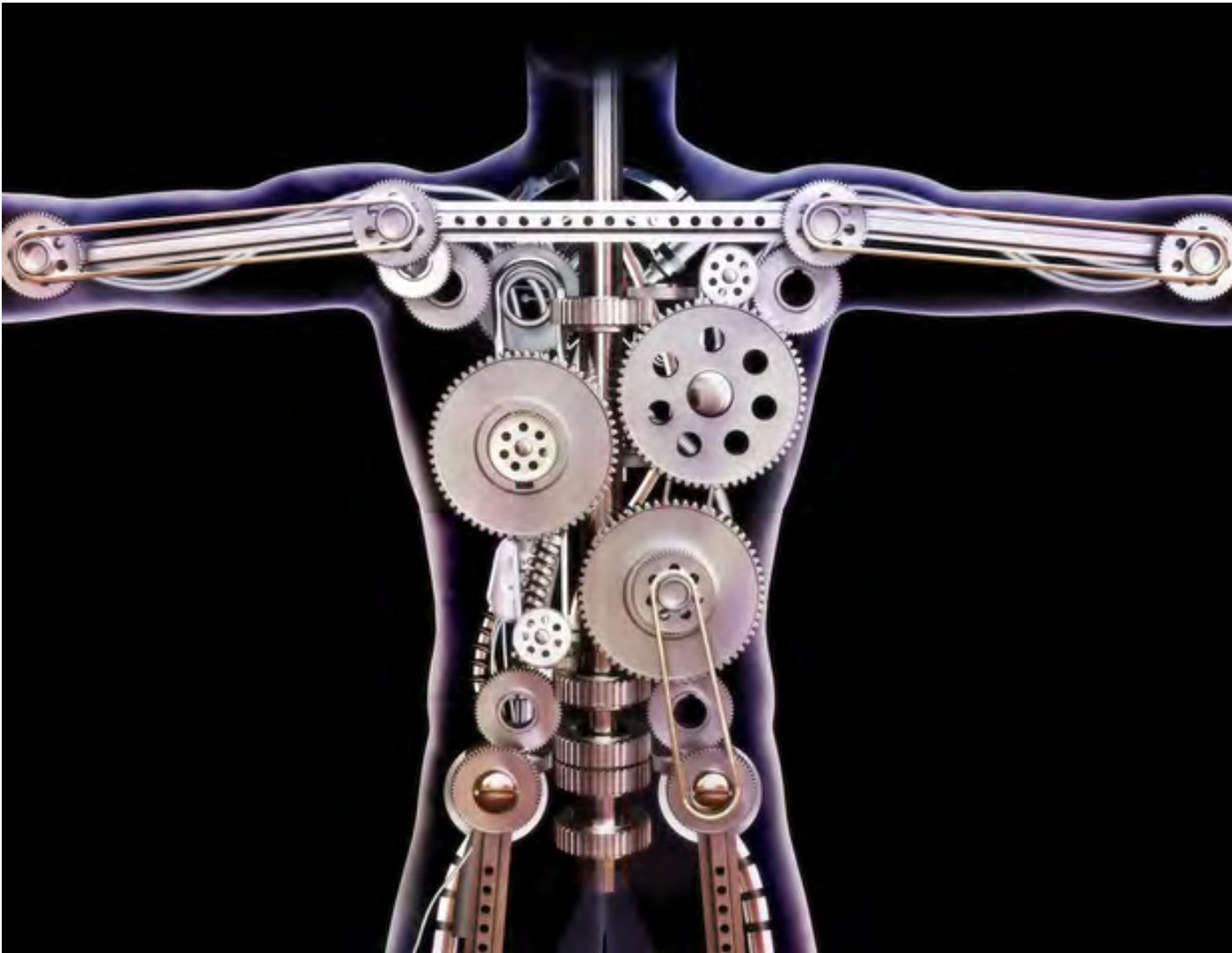
We see things
that we are used
to seeing



The details matter, sweat the small things...



Correlation does not
equal causation

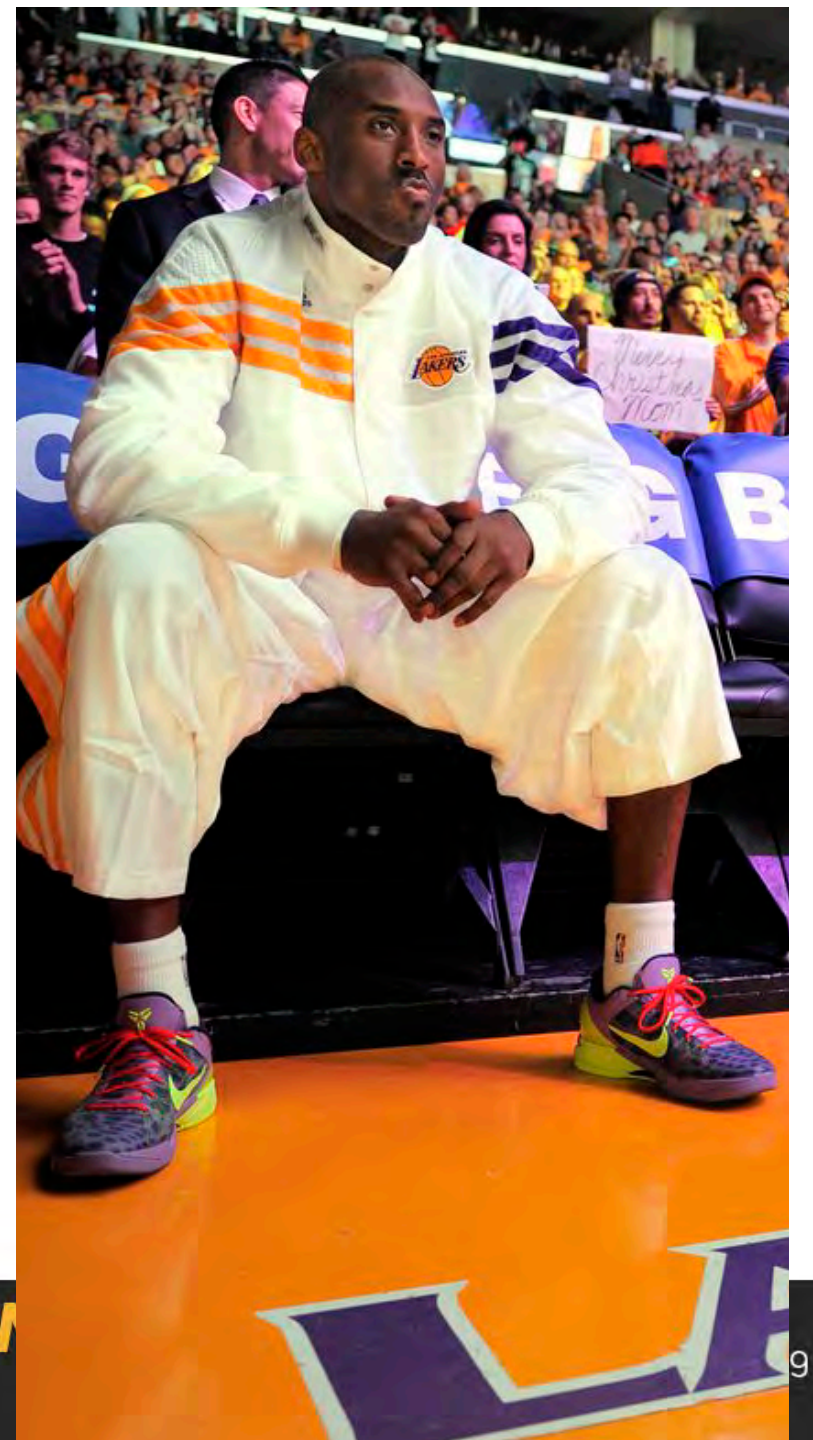


But with the body there are endless possibilities. There are numerous outputs for a single input; everything exists as potential.

The foot feeds the hip



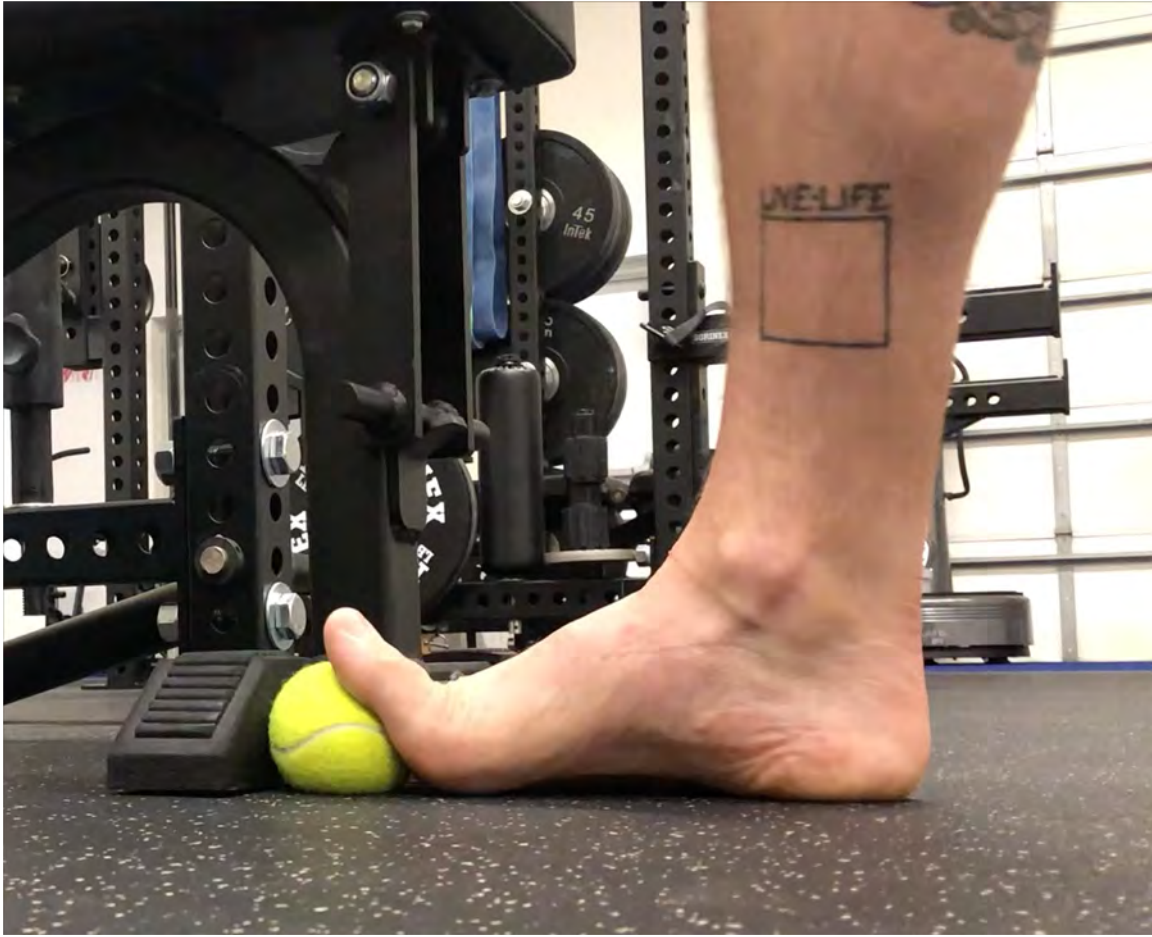
gettyimages
Rocky Widner







NSFW





perspective





Just because something works, does not mean that it can not be improved.





The ankle floats the hip

How to Do a Squat

As if you were
r placed
d help ensure
your hips back.
u can
have knee
per than
with your

thighs parallel to the floor.
ⓐ Keep your heels "glued" to
the floor as you squat, and think
about driving them into the
ground as you straighten your
legs to return to the starting
position. (This will put even more
emphasis on your glutes.)

ⓑ Keep your knees in line with
your toes. Also, don't let your
knees cave in. Press them out-
ward so they stay aligned with
your feet as you squat down.
ⓒ Do allow your torso to tilt natu-
rally as you squat. (Just don't
collapse your chest or round your

shoulders
erect, your
properly as
strain on y
MUSCLES
Quadriceps
gluteals.



ⓐ Feet a little wider than
shoulders straight ahead.

ⓑ Lean back, bending at the knees
while keeping your knees slightly
outward.

ⓒ In the bottom position, going as deep as
possible while keeping your heels and toes
flat on the ground, and shoulders back.

ⓓ As you rise, your thighs will be
parallel eventually (your knees
will be bent slightly more
initially).

ⓔ Stand on your feet and straighten your
legs to return to the starting
position.

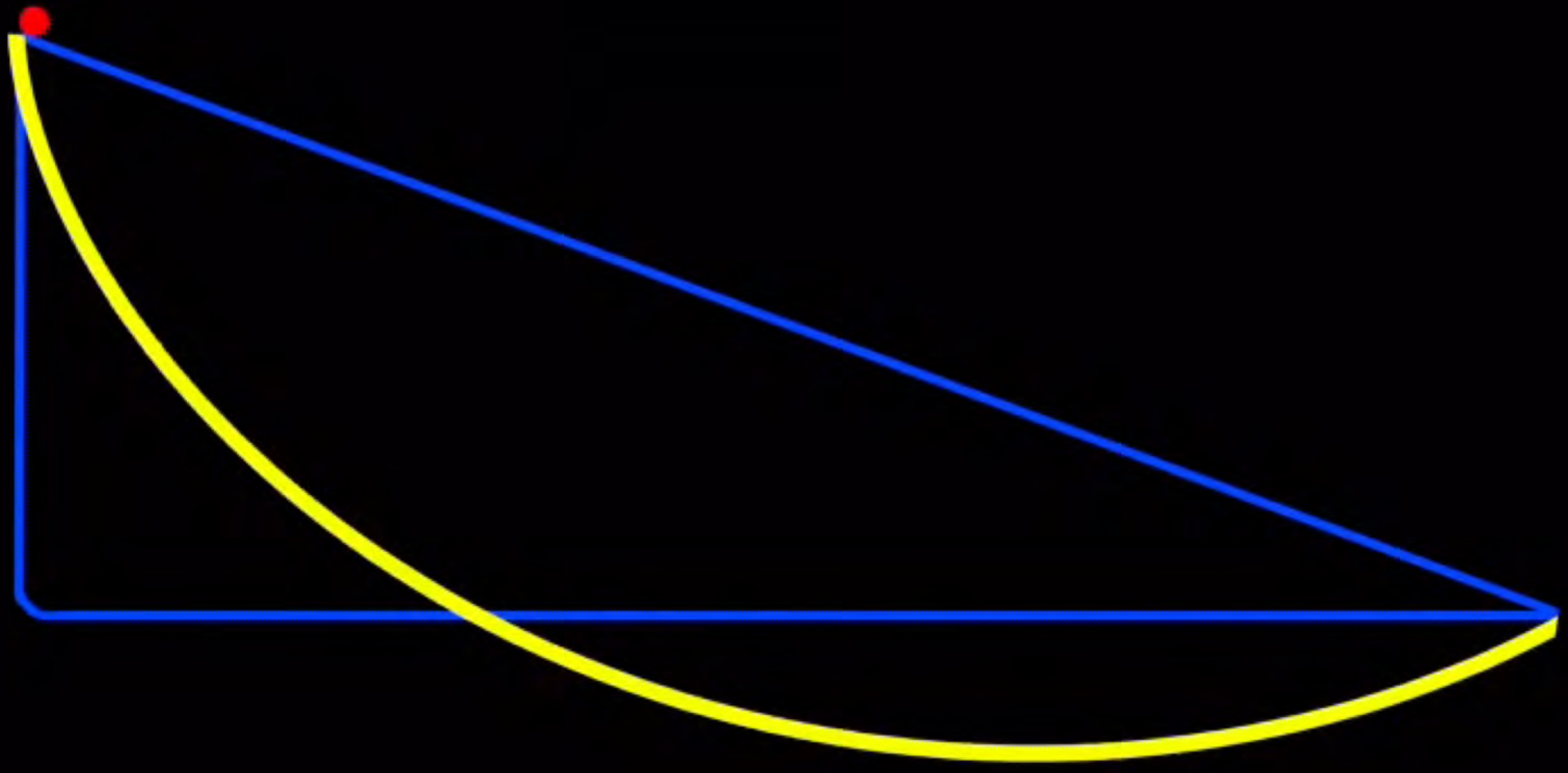
Repeat 8-12 times. Complete three
sets per week.

REASIMPLE









Mobility is a lot like your imagination, it didn't get worse because you got older, it got worse because you stopped using it





Don't be so obsessed with squat depth that you overlook where that depth is coming from.

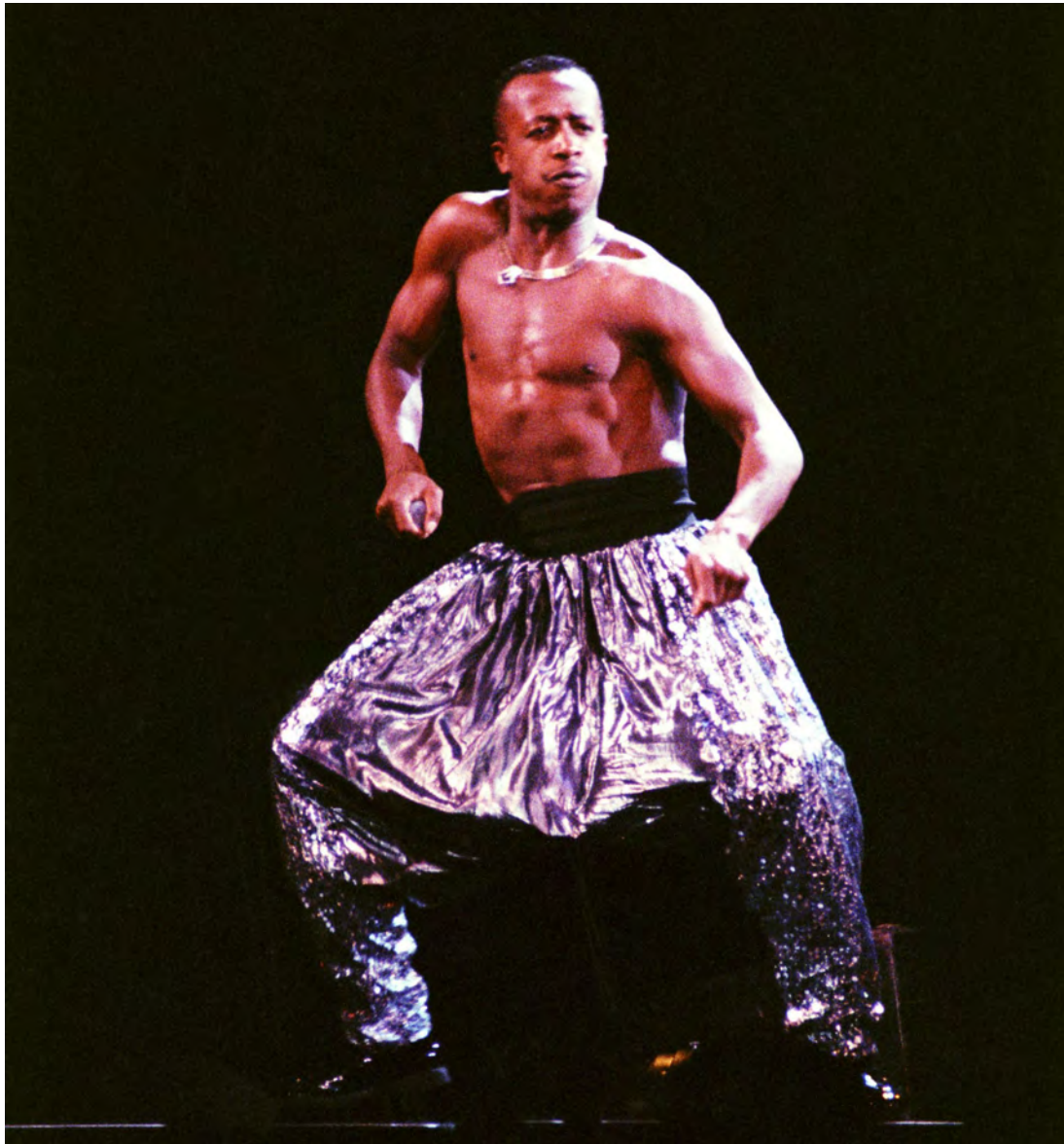
Not all depth is created equal



just because the horse comes before the cart does not mean the horsepower comes before its carriage



The hip either governs power





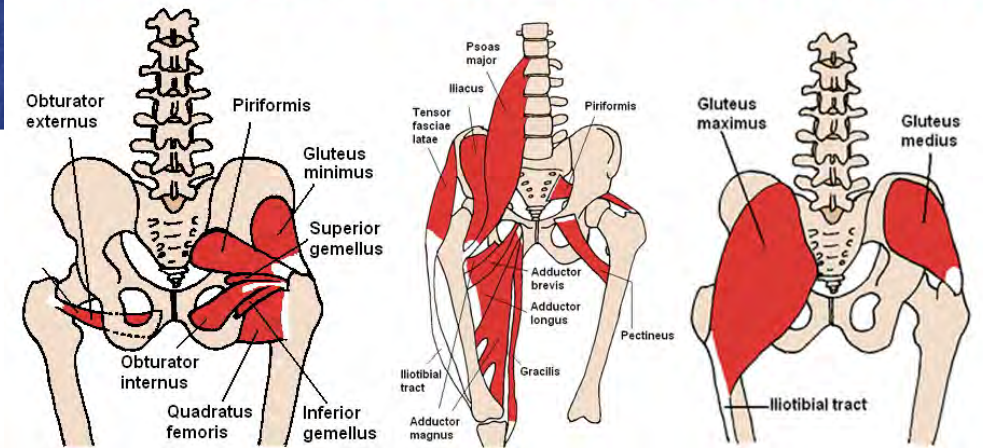
Get loose



Saying tight hips infers that they need to be stretched when it actuality they may be weak and need to be strengthened



MUSCLES OF THE HIP COMPLEX



Some people have great intent but no intentions

Mo Range of Motion

Mo Range of Accountability









Mobility is great, but if its not anchored somewhere how much is it worth?









Movimiento es vida, movimiento es vida

Email: vernon@virginiahighperformance.com

Instagram: [vernongriffith4](https://www.instagram.com/vernongriffith4)

Twitter: [vernongriffith4](https://twitter.com/vernongriffith4)