

ANGULAR SHANK LOADING MODEL & INTEGRATED FOOT SHIFT
PROTOCOLS

Glute-Ham Coaching Points

1. Stance **Strength – Wide**



Power – In-line



Speed – Narrow



2. 3-Way Foot **External**



Neutral



Inverted



3. Start Position = Toes Up

4. Foot Roll **Strength**



Power



Speed



5. Squeeze Big Toe