



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Federal Office of Sport FOSPO

Perception – Cognition – Motor Action

Testing and Training Technologies

SFISM
Swiss Federal
Institute
of Sport
Magglingen

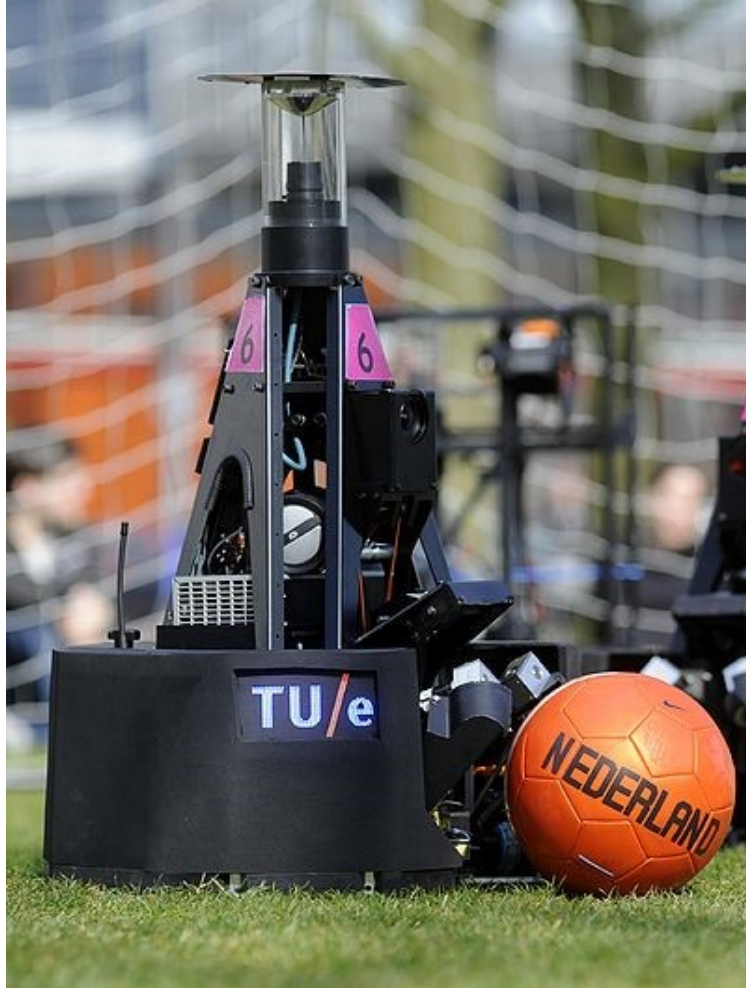
Martin Rumo



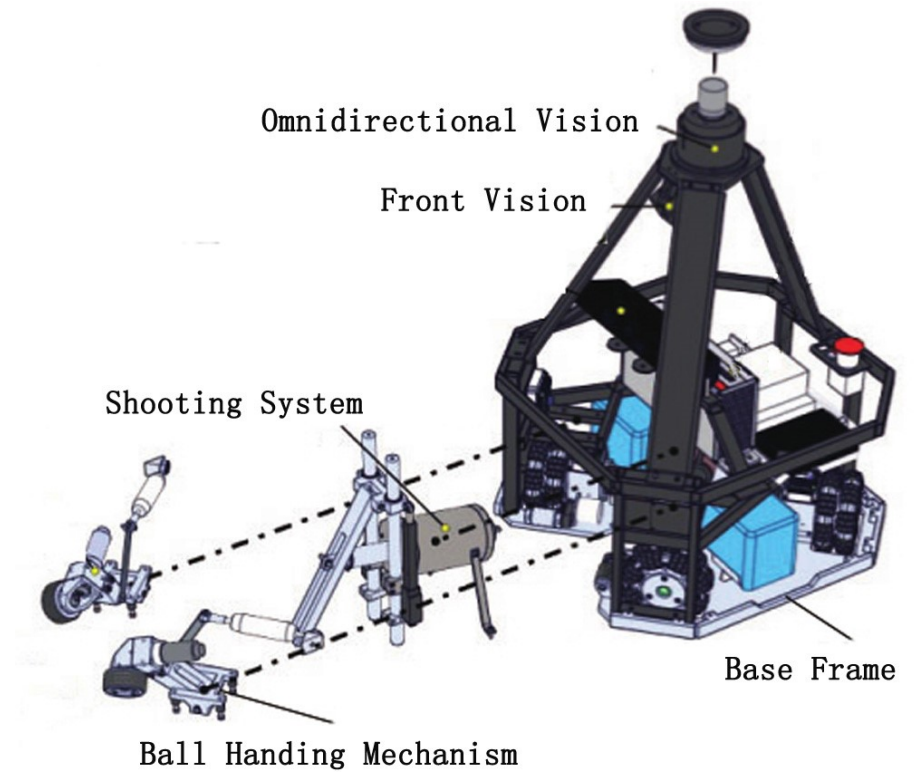




Introducing: TURTLE

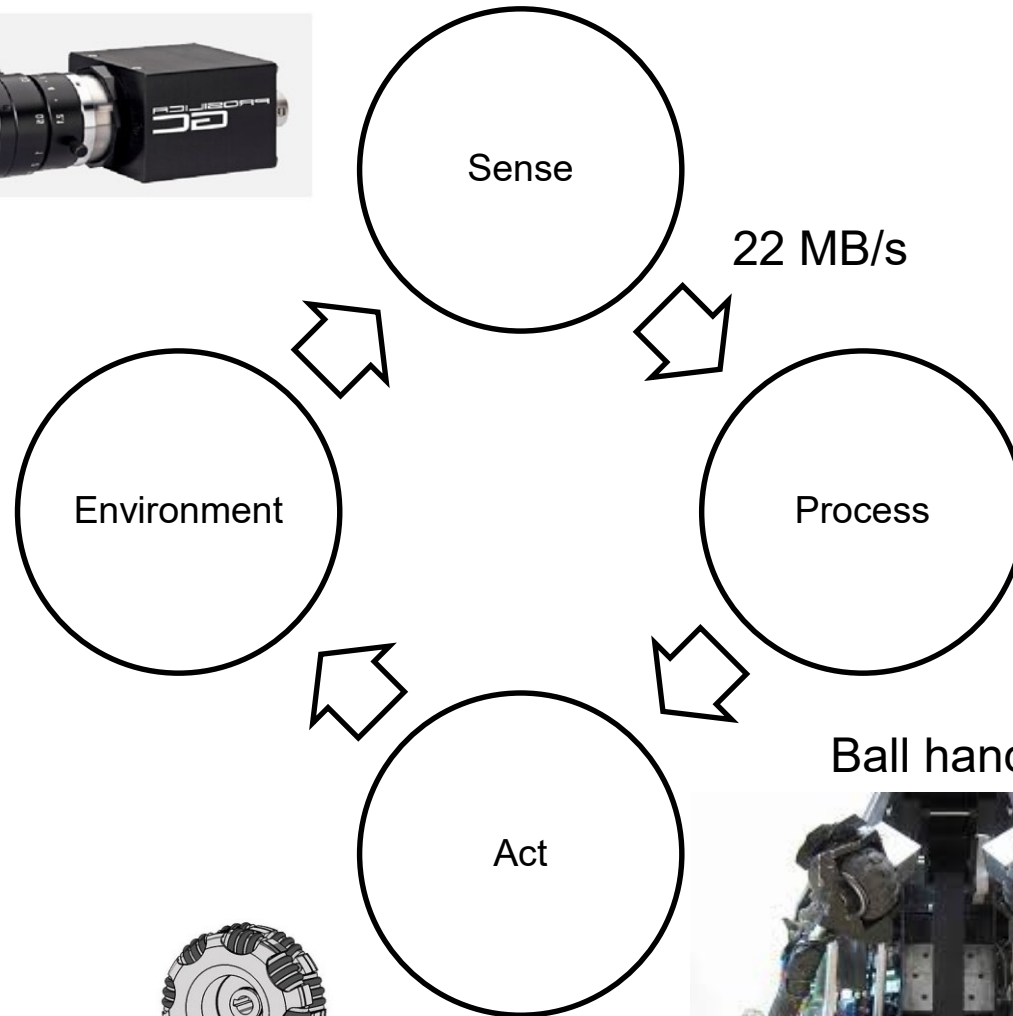


Dimensions: 78.25 x 48.5 x 52.0 cm
Weight: +/- 30 kg





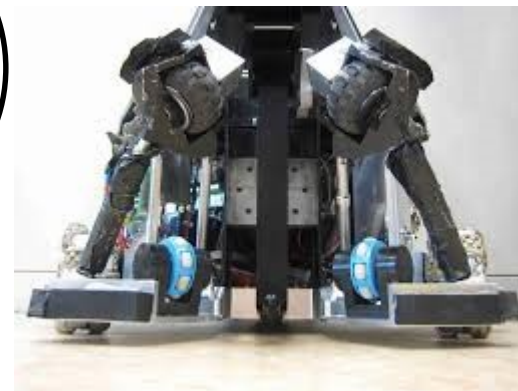
Resolution: 752 x 480
frame rate: 60 fps



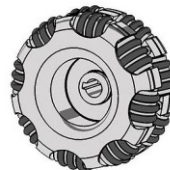
Intel® Core2™ Duo 2.0
GHz
Memory: 3 GB RAM



Ball handling: 2 DoF; Kick: 2 DoF

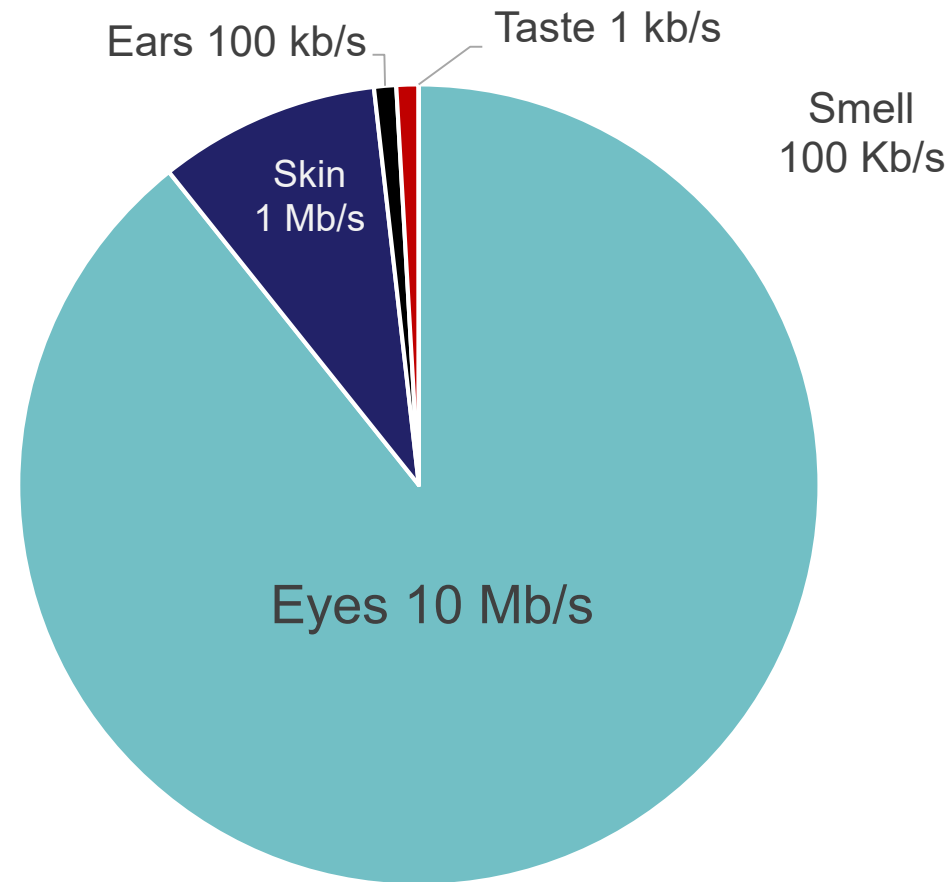


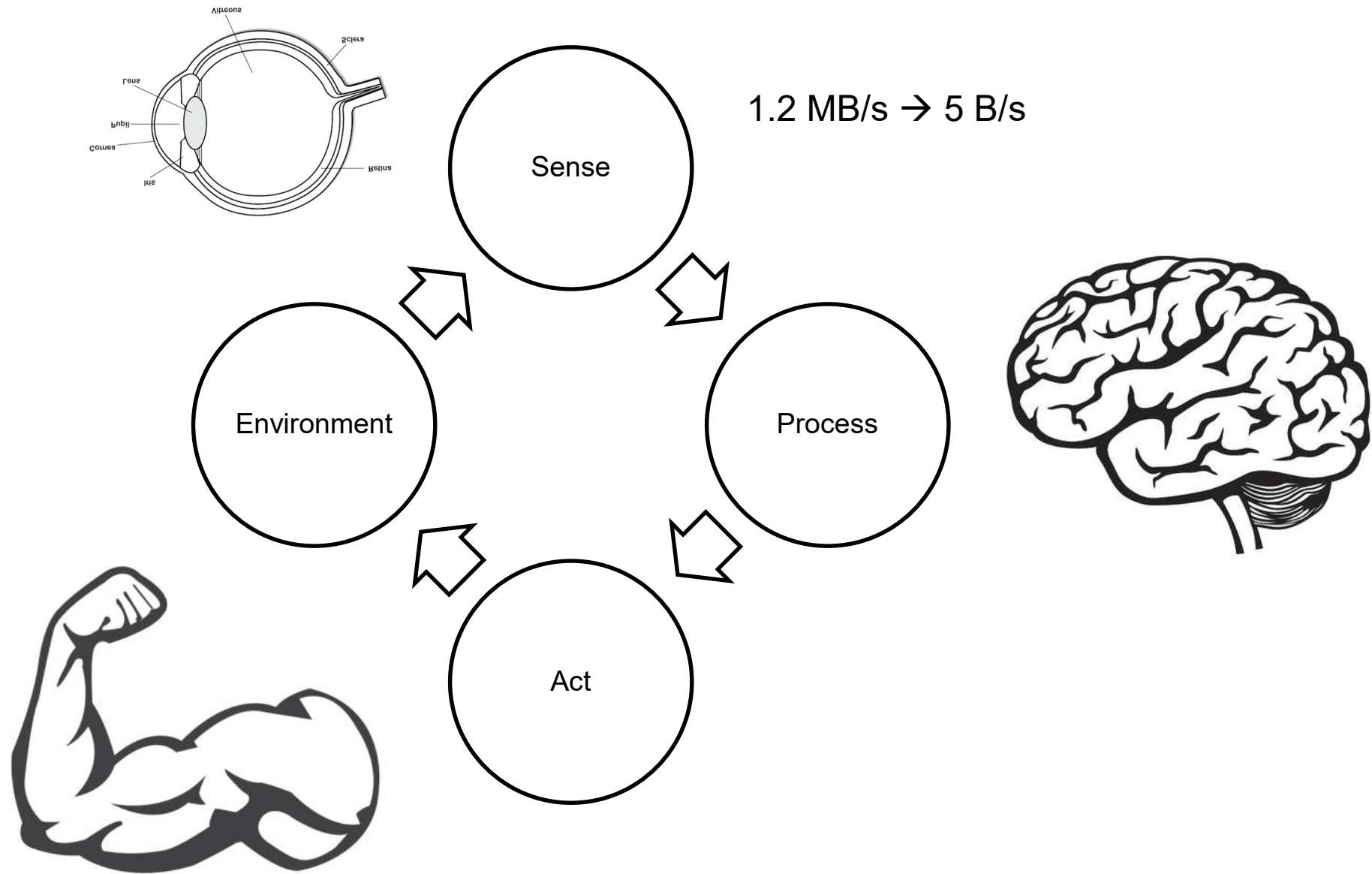
Driving 3 DoF at < 12.6 km/h





Information Capacity of the Human Sensory System











500 ms







400 ms







300 ms







200 ms







100 ms



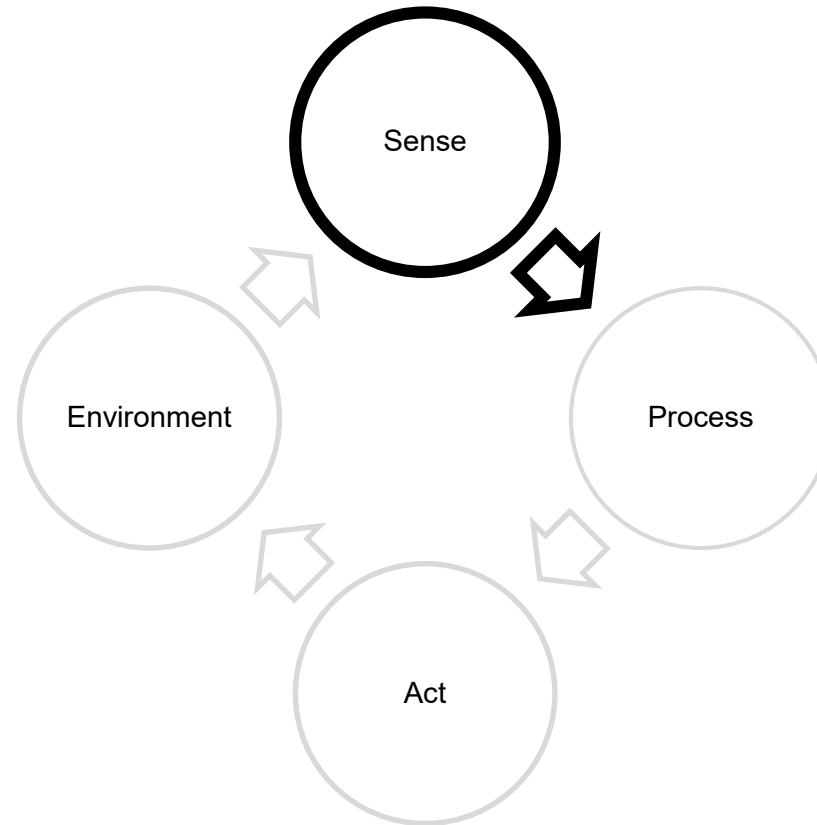




400 ms

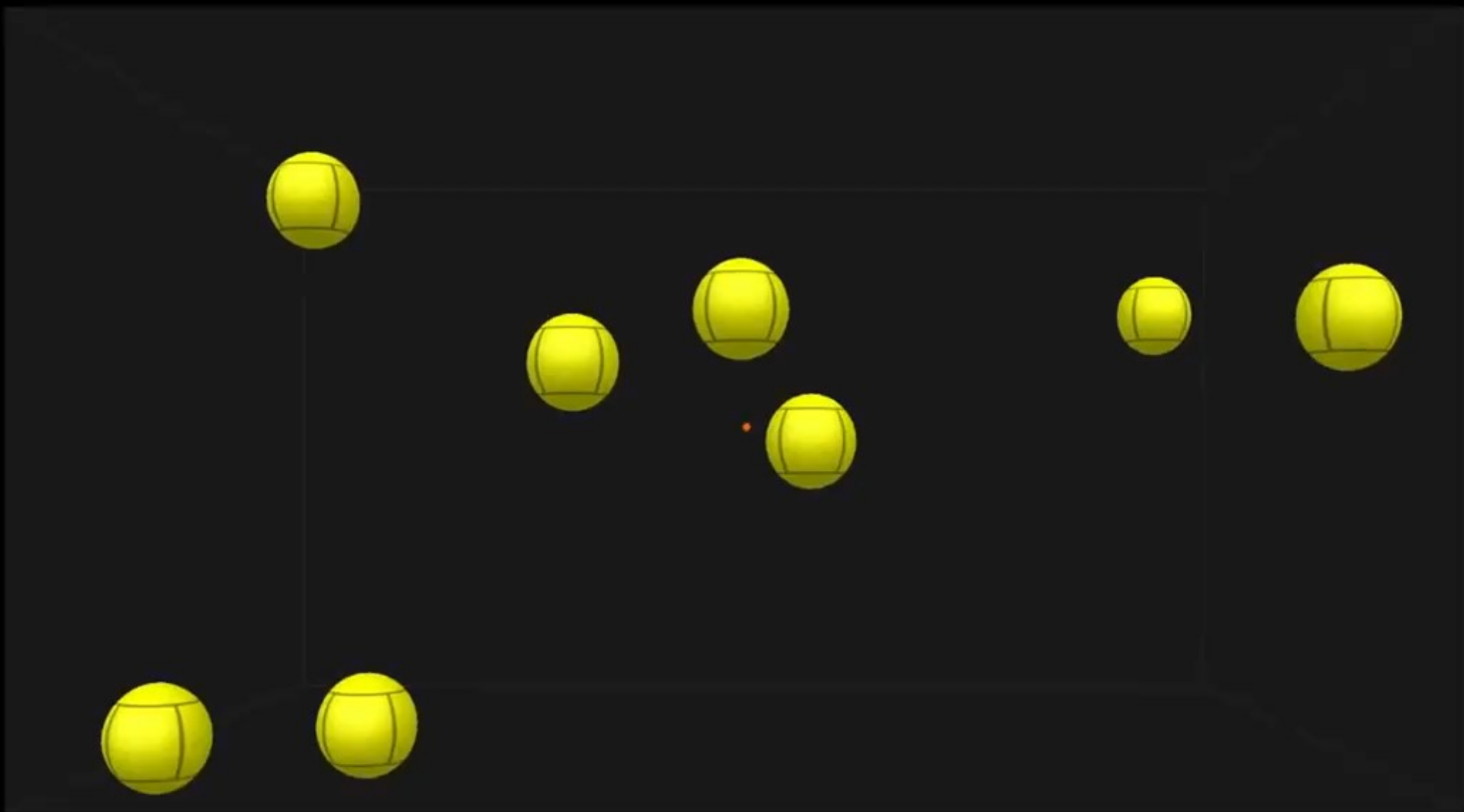








Tracking Targets

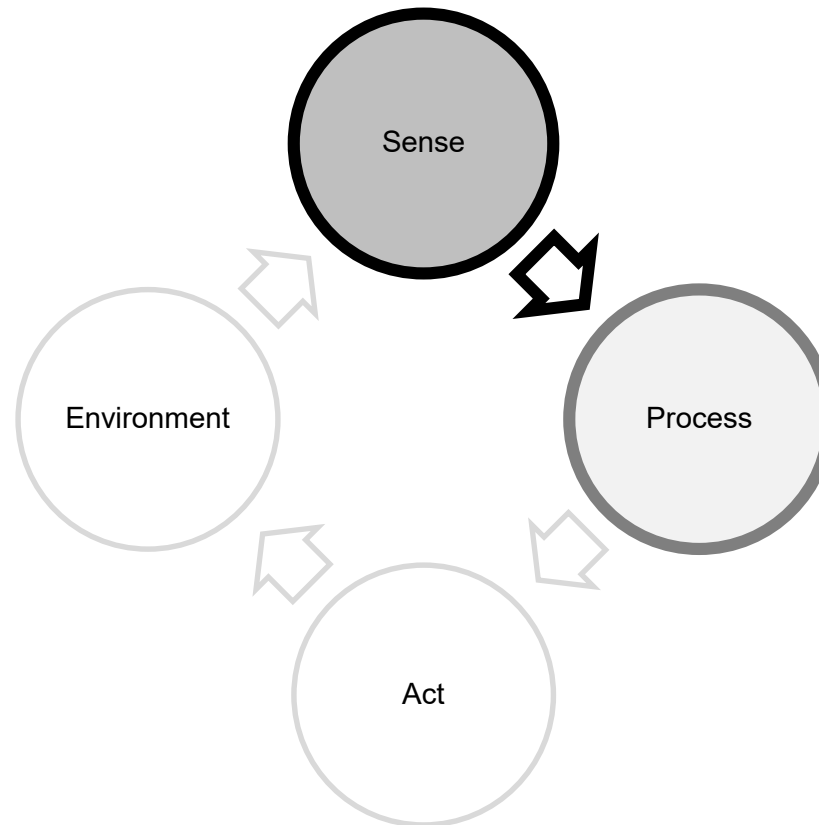




NeuroTracker



Personal



COGNILIT

BALLS

SPEED

TIME

TRAINING MENU

1

CRAWLING

6 SECONDS

2

WALKING

10 SECONDS

4

JOGGING

20 SECONDS

6

RUNNING

60 SECONDS

8

SPRINTING

START X15

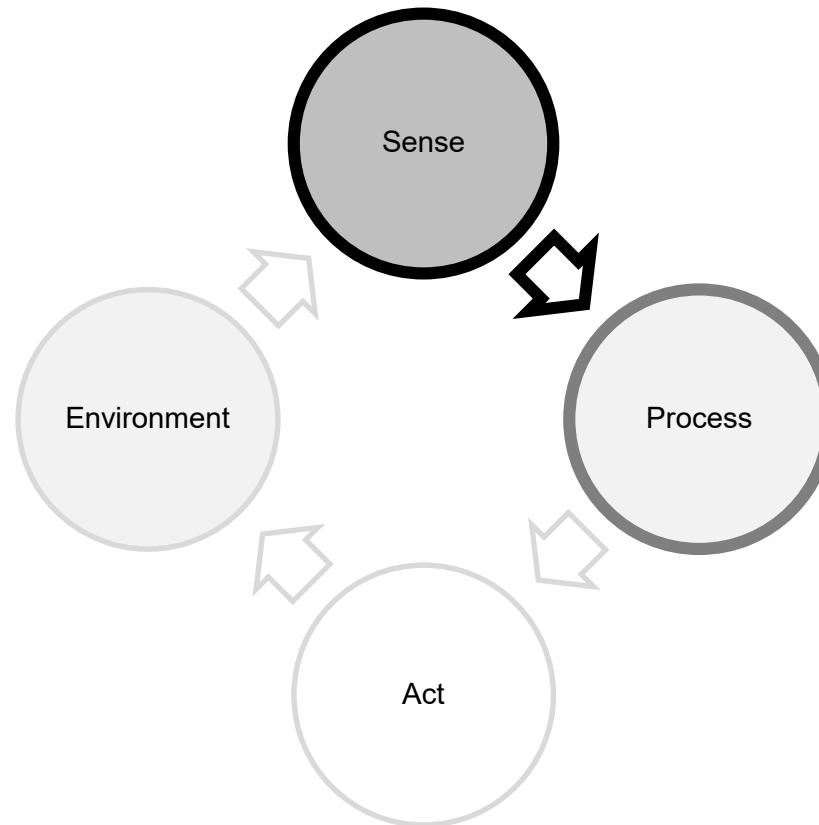
START X10

START X5

START

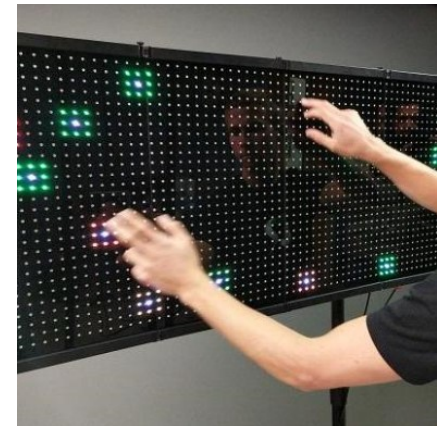
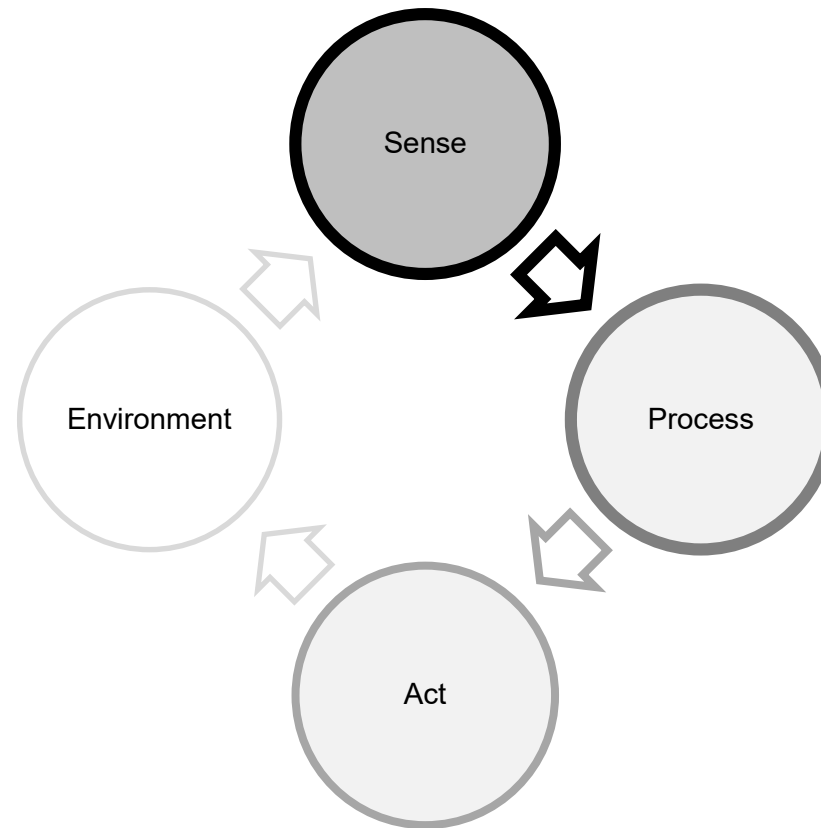
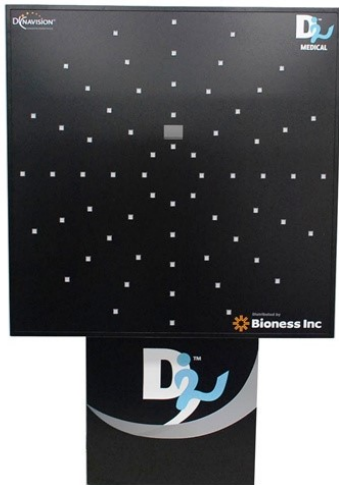


COGNILIT



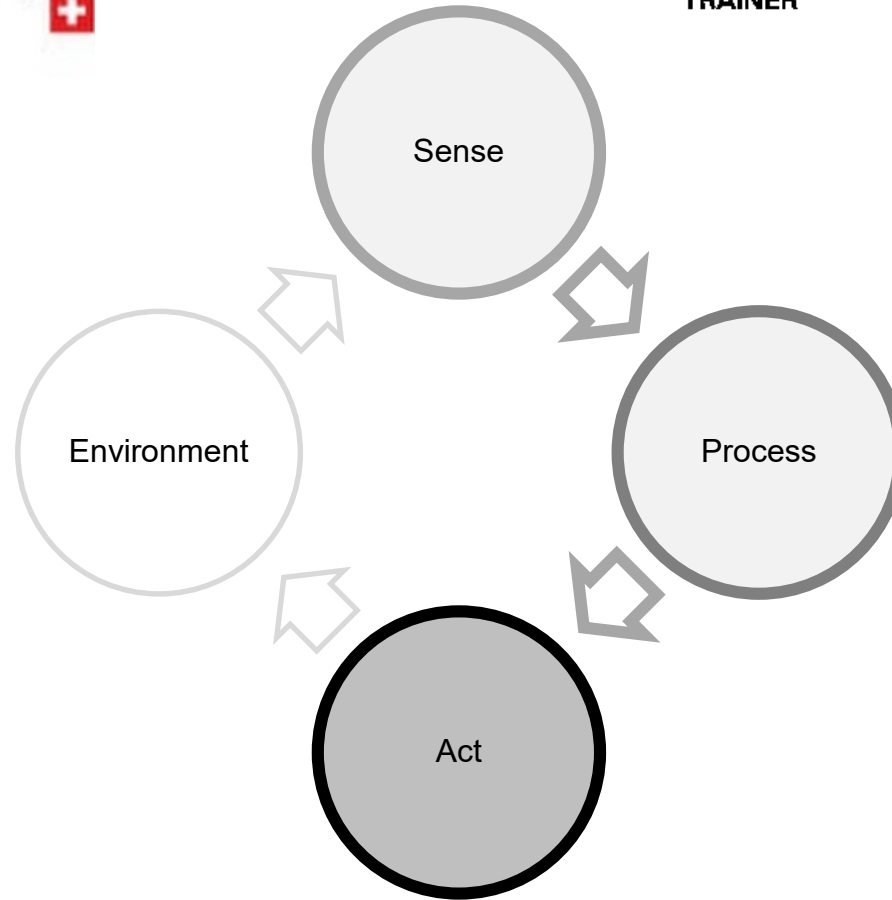








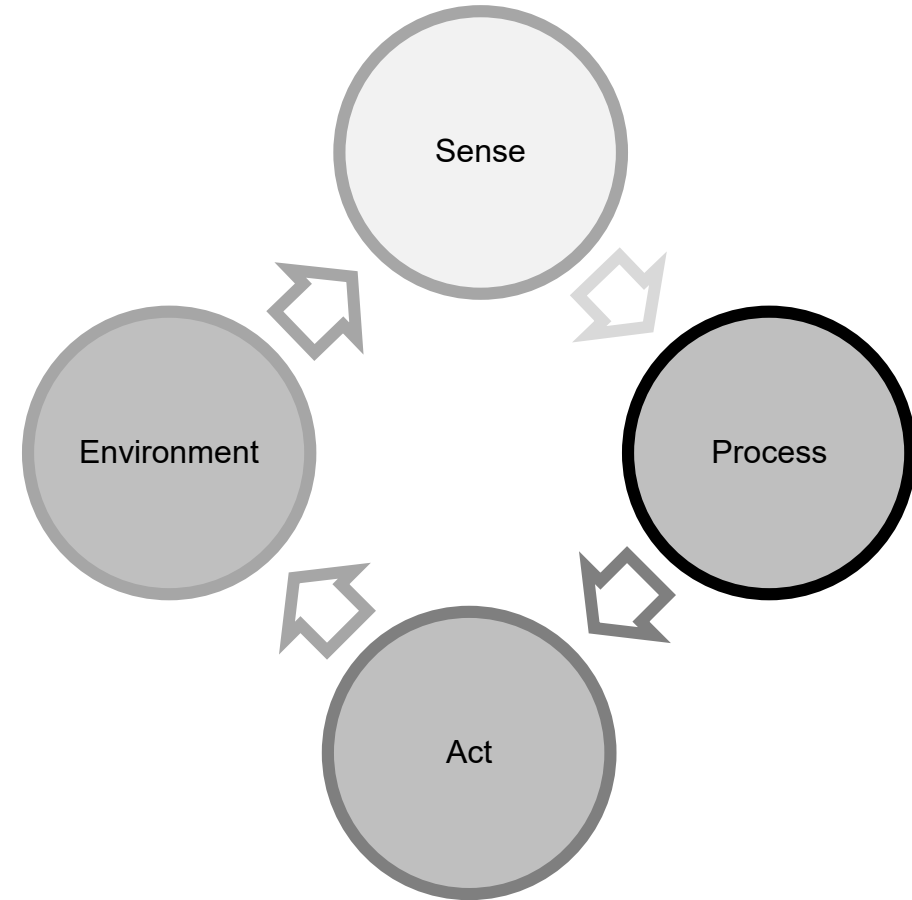








SENAPTEC

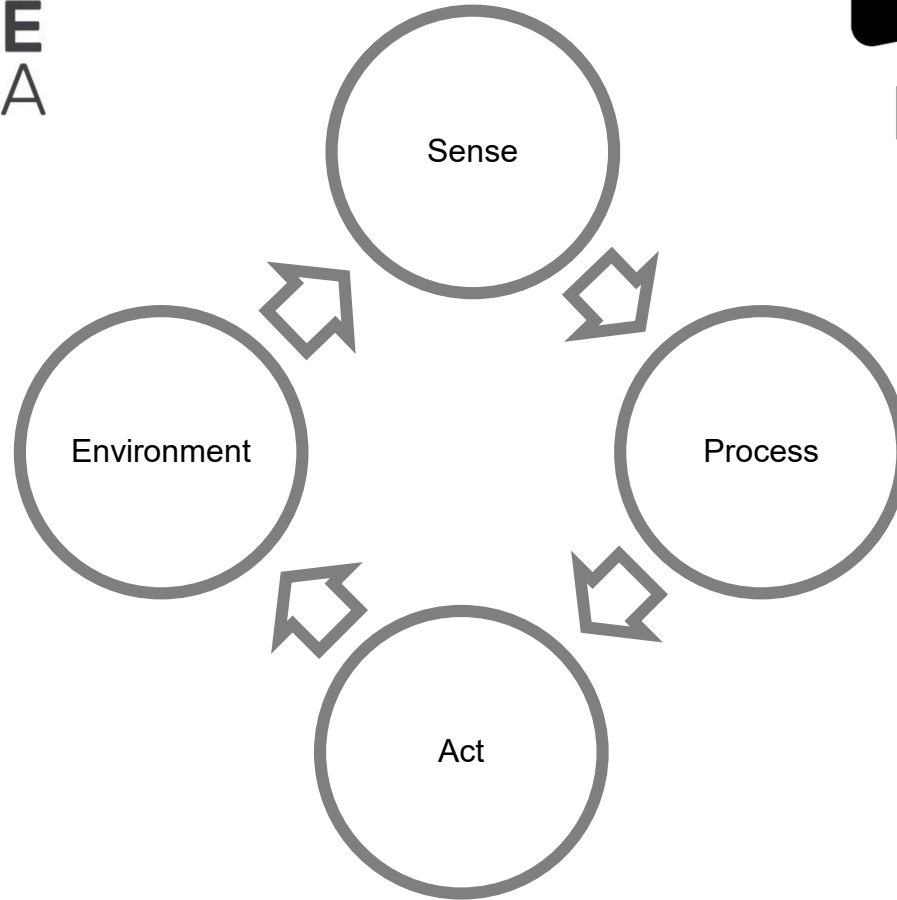






First up is Rondo Scan, where a ball is fed into you, and you have to pass to the correct net as quickly and accurately as possible. Similar to a FIFA drill.

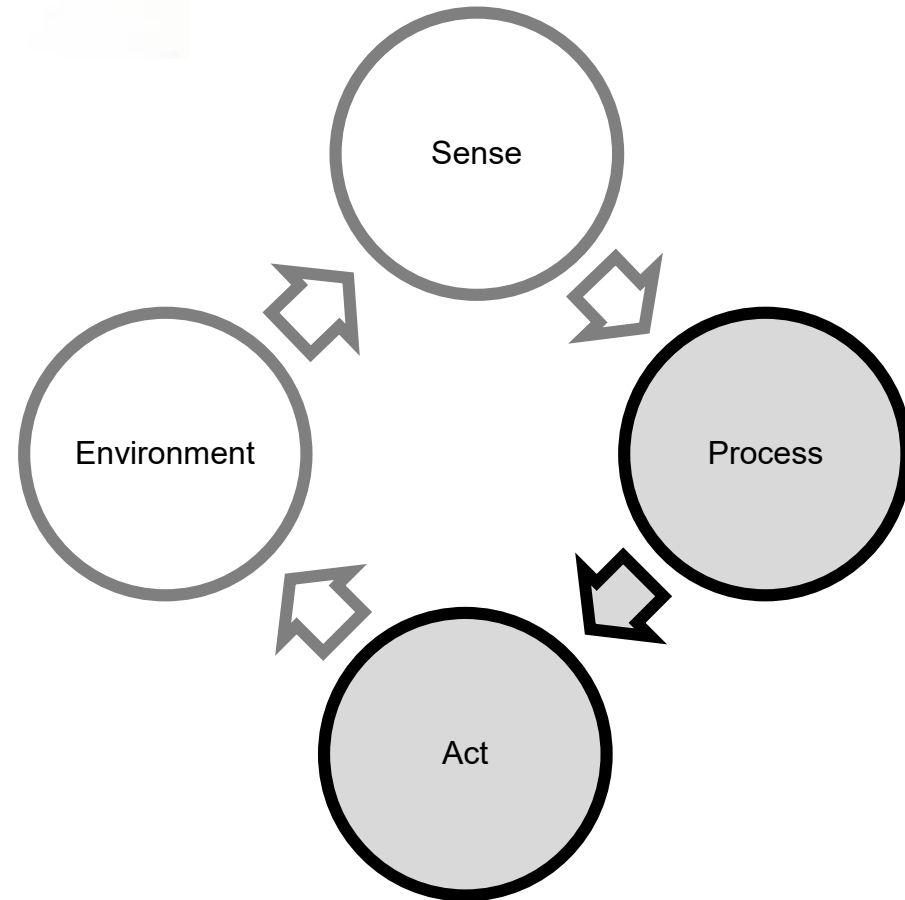






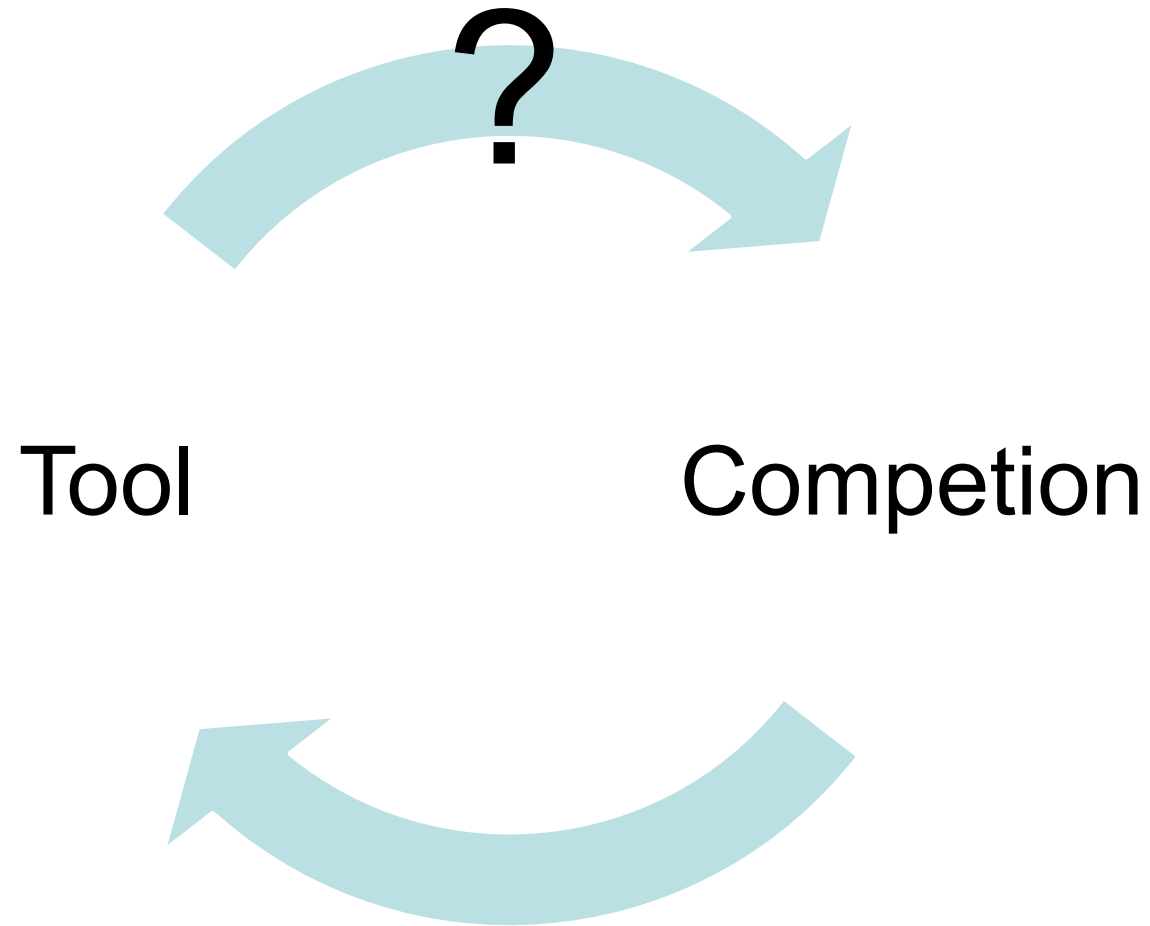


FOOTBONAUT™





Transfer is necessary



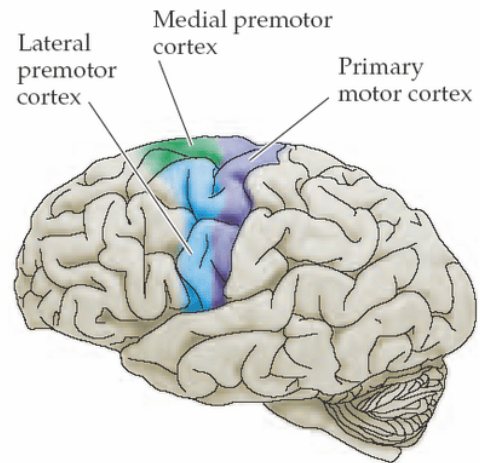


Conclusion

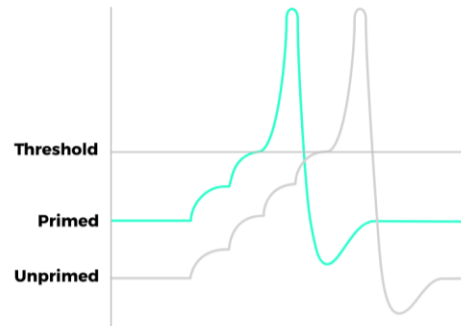
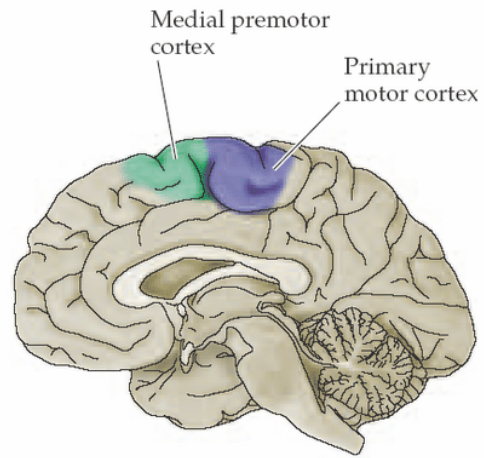




(A) Lateral view

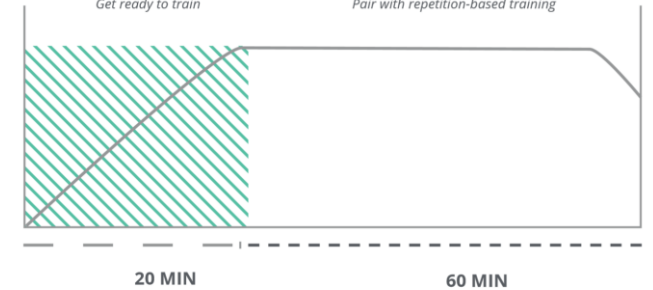


(B) Medial view



NEUROPRIMING

Get ready to train



Put on your headset and start your session. Stretch, warm up, or relax before training. Benefits begin during this period.

HYPERPLASTICITY

Pair with repetition-based training

Remove your headset and start training. Benefits continue for about an hour after your Neuropriming session ends.



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Thanks for your attention

