

 **SKILLCOURT®**



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Merke Dir die Zahlen
6385

☆☆☆ 150 Punkte
00:02.483
skillcourt



THINK FIRST THEN MOVE


COGNITIVE AND MOTOR DEVELOPMENT.

www.skillcourt.training



WHO WANTS TO MOVE MUST BE ABLE TO THINK.

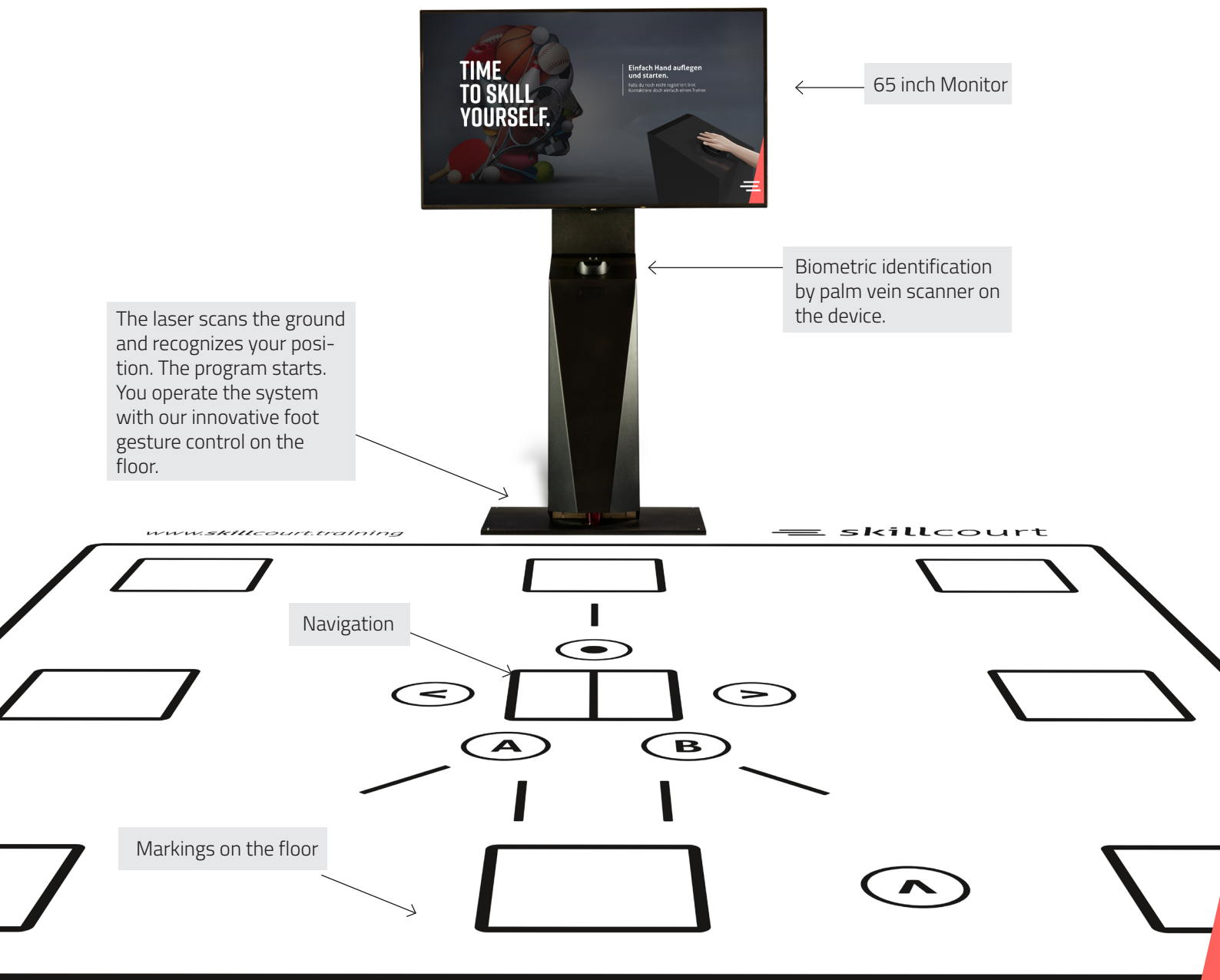
The demands on us humans have changed significantly in recent years. Despite the lowest weekly working hours, burnout diseases have risen significantly. Children are increasingly being diagnosed with ADD or ADHD because they can no longer cope with the rapidly increasing amount of information. One-dimensional learning promotes this development. Neurodegeneration and dementia are on the agenda. Muscle training is a very effective tool in this connection. Our brain plays a central role in this. It triggers all muscle work (with the exception of the reflex). Concerning these social issues, cognitive training must become routine for everyone.



THE MOST COGNITIVE MOVEMENT CONCEPT FOR ATHLETES, CHILDREN AND PATIENTS.

It is the fantastic combination of our expertise in the areas of rehabilitation, neuromuscular training, running school, top sport and pedagogy. Using state-of-the-art measurement technology and our innate desire to play, we completely redefine the term development.

HARDWARE FOR: EVERY SURFACE. EVERY SIZE. EVERY ONE.



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Almost every floor can be covered by the skillcourt.

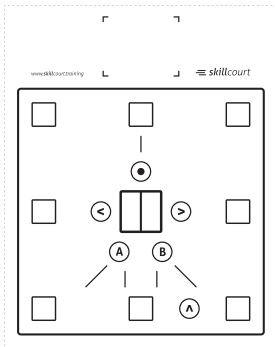
The built-in laser captures the area 1-2 cm above the floor and triggers the trigger elements. This makes it possible to digitalize existing areas such as parquet, PVC, sports flooring, artificial turf, indoor flooring or ice.

Marking options:

- **Foiling:** The floor will be covered with approved floor foils.
- **Spraying:** The elements on the ground (artificial turf) are sprayed
- **Sports floor on ground level:** The elements are integrated and embedded in the sports floor in advance.
- **Sports floor placed on top:** The entire area is supplied as a sports floor with integrated elements. (Height 7mm).

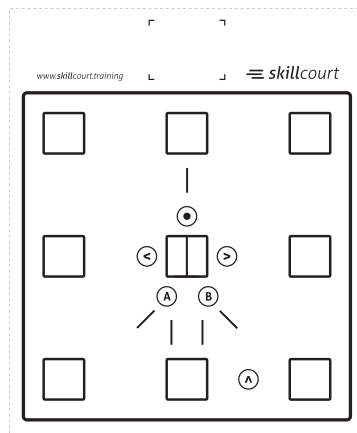


**HARDWARE FOR:
EVERY SURFACE. EVERY SIZE. EVERY ONE.**



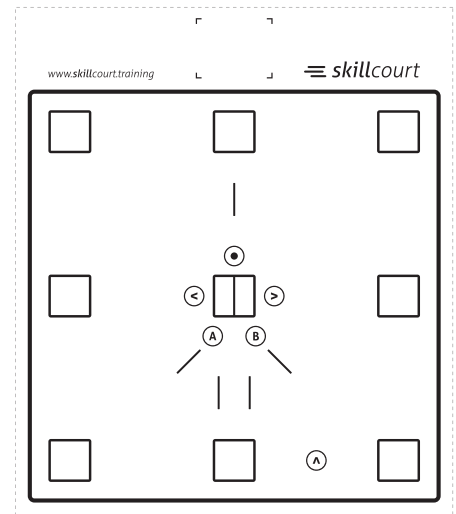
AREA 3X3

Space requirements including area / tower: 300 x 400 cm.
Total recommended area: 415 x 330 cm (dashed line)



AREA 4X4

Space requirement including area / tower: 400 x 500 cm. Total recommended area: 415 x 530 cm (dashed line)



AREA 5X5

Space requirement including area / tower: 500 x 600 cm.
Total recommended area: 515 x 630 cm (dashed line)



HOLISTIC STRUCTURE:
AREA OF APPLICATIONS.

VISUAL TRAINING

tracking
focus
see binocular



PERFORMANCE

speed
reaction
agility
first step



COGNITIVE TRAINING

concentration
memory
solving problems
mental flexibility



KNOWLEDGE

run & learn



REHAB & PREHAB

return to play
Y-balance test
jumping tests
neuro rehab



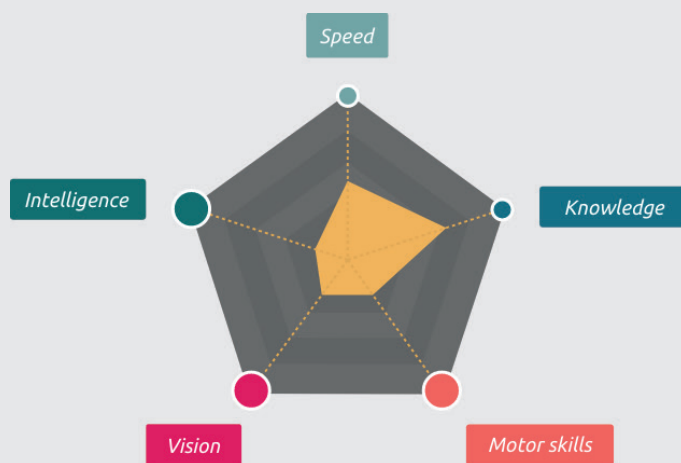
WORKOUT

your individual
training
programm



SOFTWARE FOR:
ATHLETES. PATIENTS. KIDS.

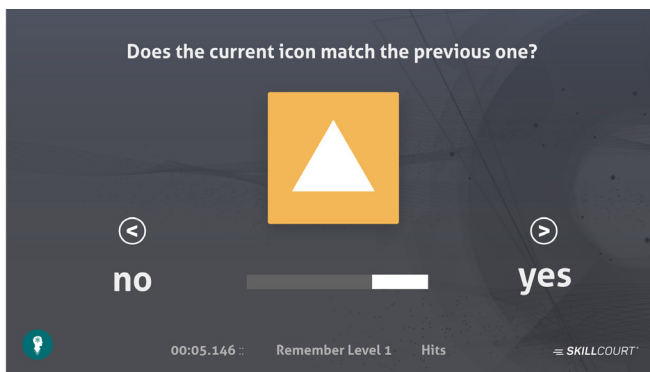
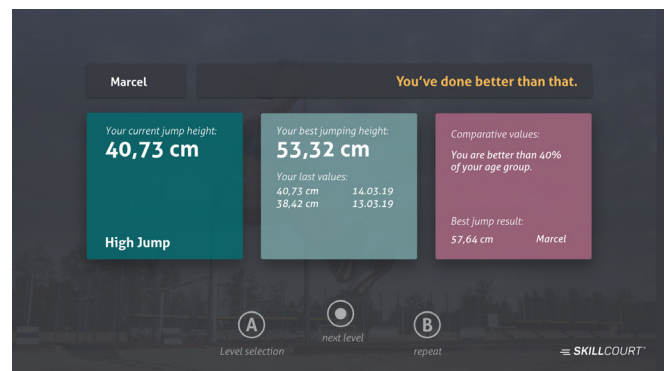
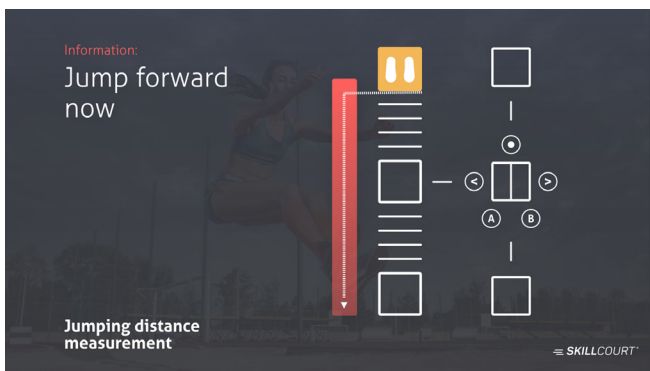
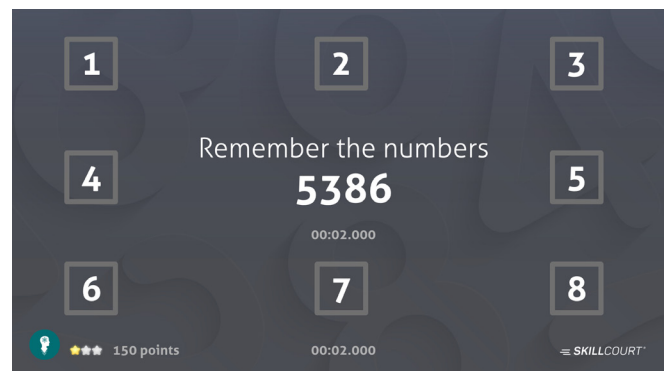
1. Individual tests



2. Specific training program



DESIGN: GAME EXPAMPLES



CONTACT



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