

How SSc Performance Powers Precision Coaching at Scale with Forceteck



“ SprintAI has become a cornerstone of how I work at SSc Performance. It gives me the data I need to design truly individualised training programmes. ”

Sam Scott, Owner & Founder of SSc Performance



Challenges

- **Fragmented movement analysis:** Traditional tools provided isolated snapshots, limiting the ability to assess full-body movement quality
- **Poor scalability:** Manual, in-person assessments restricted the ability to work efficiently across multiple athletes.
- **Subjective return-to-play decisions:** Rehab assessments relied heavily on coach interpretation rather than objective data.



Benefits

- **Comprehensive, real-time biomechanical insight:** SprintAI delivers detailed movement data that enables objective, full-body analysis
- **Scalable remote coaching:** Athletes can be assessed and coached anywhere, enabling a global delivery model
- **Data-led performance and rehabilitation insights:** Objective asymmetry tracking supports safer, data-informed return-to-play decisions

The Challenge: Limitations of Industry Standard Tools

Sam Scott built his career in elite football performance through a **13-year journey at Southampton FC**, progressing from academy development to the first team. Today, as the founder of **SSc Performance**, Sam applies his coaching and movement-analysis expertise to support athletes across different levels.

Before adopting SprintAI, Sam struggled with:

- Force plate testing and slow-motion video that only provided isolated snapshots of performance
- Traditional tools that could not capture full-body movement patterns in real time
- Manual analysis that made it difficult to assess multiple athletes efficiently or consistently

Before SprintAI, there was a real gap between what we could observe and what we could objectively measure in terms of movement quality.

The Solution: Forceteck's SprintAI Technology

SprintAI enables Sam to deliver **highly tailored, data-driven training programmes based on objective biomechanical insights**, and allows him to work with athletes anywhere in the world, **scaling his coaching without sacrificing movement quality or analytical depth.**

From a biomechanics perspective, it was clear that Forceteck had the potential to show things we simply couldn't see with traditional methods.

Forceteck also supports Sam's rehabilitation work by providing **objective, post-injury movement assessments** once athletes reach the appropriate stage of rehab. By identifying asymmetries and tracking progress over time, it enables more informed training adjustments and reduces reliance on subjective decision-making.

Forceteck's data allows you to be far more precise. You can adapt exercises based on what the athlete actually needs, not just what you think they need.

With Forceteck, Sam has unlocked **precision coaching, scalable remote delivery, and data-led rehabilitation**, giving him the ability to work globally while improving movement quality and performance outcomes.

About Forceteck

Forceteck equips sports professionals with lab-grade data and actionable insights that elevate performance enhancement, injury prevention, return-to-play decisions, and talent identification, all from the convenience of the training pitch or court. If you're interested in learning more, reach out to our team at hello@forceteck.com, or check out our website.

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