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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

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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 and field-based drills 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 below.

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