
UNDERSTANDING THE KINETIC CHAIN

Business of Ball University offers athletes, parents, and coaches foundational education rooted in science, not hype.

Understanding the kinetic chain is the first step to grasping the body generates power through an interconnected system, channeling force from the ground up.

Learn how the body generates power — from the ground up — so athletes can move better, perform stronger, and stay healthier.

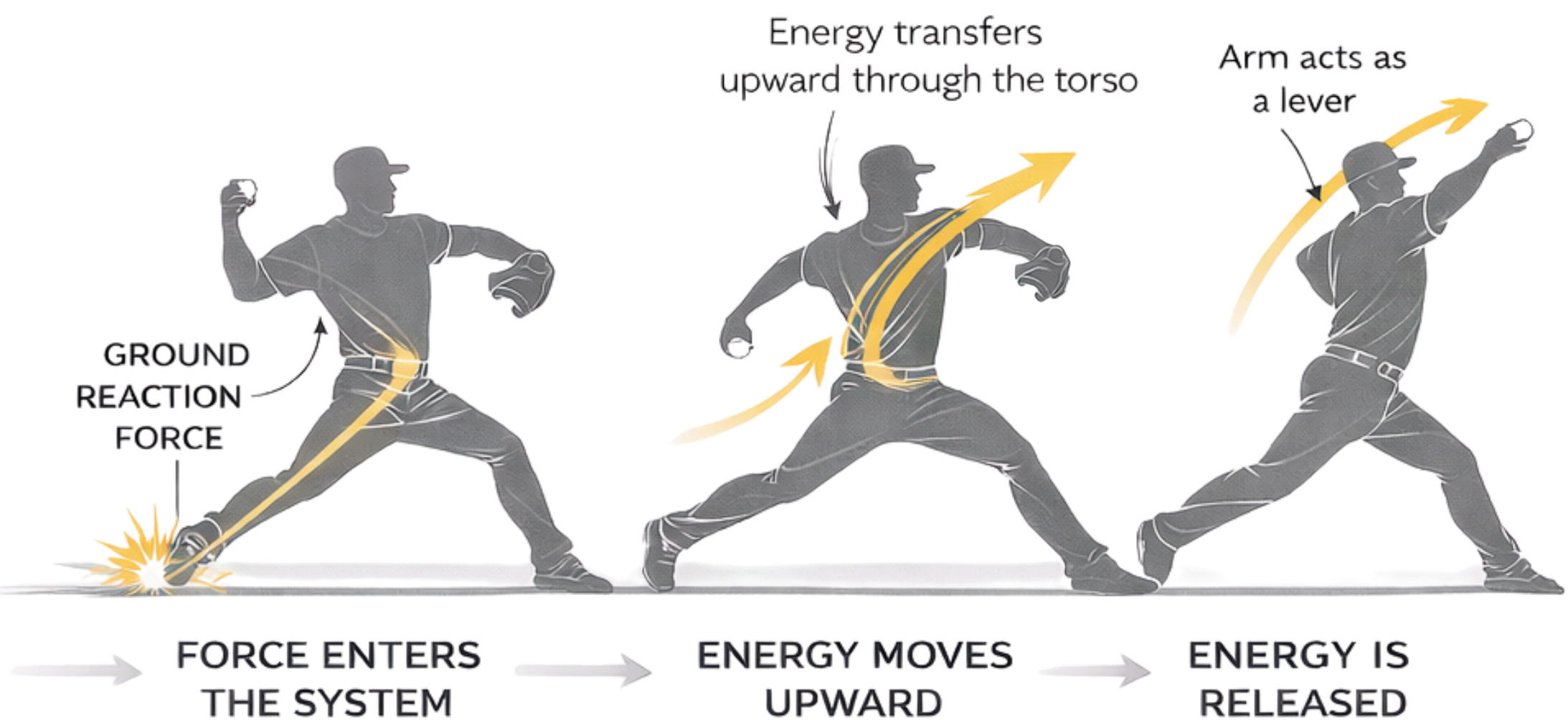


THE KINETIC CHAIN:

How power moves through the body

Power is not created in one place.

It is built through a sequence — ground, pelvis, torso, arm — and released at the hand.



When sequence breaks, compensation follows.



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WHY THE KINETIC CHAIN IS CRITICALLY IMPORTANT



HEALTH

Efficient force transfer reduces unnecessary stress on joints and soft tissue.

When the chain works, the body shares the load instead of overworking one area.



PERFORMANCE

Power is not created by effort alone — it's created by sequencing.

Better sequencing means more velocity, more control, and repeatable movement.



LONGEVITY

Athletes who understand how their bodies generate force learn to self-correct.

That awareness is what supports durability over seasons — not just weeks.

Everything you train builds on this foundation.



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