

The EHF is delighted to announce that as part of the inaugural [EHF Grassroots Convention](#), running parallel to the Men's EHF EURO 2024, sports teacher Horst Lutz, founder of Life Kinetik®, will be speaking about his fascinating training method using cognitive skills to develop people in sports.

A former football coach, working with youth teams across Europe, such as Germany's TSV 1860 München and Ithrottafelagith Thor from Iceland, Lutz founded Life Kinetik® in 2007.

Since then, he has implemented his Life Kinetik® programme with a wide range of top athletes across a wide range of sports, including the German national handball team, BV Borussia Dortmund, SC Freiburg, 1. FC Nürnberg, Straubing Tigers, German alpine Skiers such as Felix Neureuther, the Swiss ski jumping national team and biathlon world champion Simone Hauswald.

What is Life Kinetik®? Lutz explains, "Life Kinetik® is a combination of unusual movement tasks, all sorts of perception and cognitive skills.

"The only target is to increase the connectivity of the brain cells. The more we have, the better we are. Everybody improves in a lot of different things like better concentration, fewer errors, stress reduction, higher recreation while sleeping, better visual perception."

Studies have shown that after Life Kinetik® training, sportsmen are able to perceive more details in less time, playing faster and with fewer errors. Participants have noted an increased quality of the decisions made, and decision speed improved by more than 30%. Another study in football showed that the goal shooting quality improved by more than 32%. Lutz believes similar result can be found in handball.



Lutz explains how his training can be implemented, "There are different possibilities. It is enough to train 45 up to 60 minutes per week. We can train in one piece or divide it into five pieces, for example. Some trainers do it 10 minutes before the normal training begins and then the first 10 minutes of the warm-up. In this case they don't lose time. Some use it in the warm-up before the match to be more concentrated. It is also possible to adapt the exercises to the specific sports, but this is not necessary. (Liverpool FC manager) Jürgen Klopp said that his players train enough football. They should see that there is something else."

The importance of Neurobiology in sports and, more importantly, in handball, cannot be stressed enough by Lutz, "In my eyes it is this part, with which we can develop the most. Nearly all players are conditionally in the same shape. They are technically all brilliant. Nutrition is nearly the same. There are small differences between the tactical ideas. But we can find more possibilities in the brain. When players learn to perceive more in less time and decide faster - and with higher quality - what to do next, they will improve their performance much more than with normal training."

"Life Kinetik® is as normal as athletic training. In the first three divisions in German football around 50 per cent of the teams have certified Life Kinetik® coaches. In nearly every ball sport they use Life Kinetik a lot, like basketball, iockey or ice hockey. But also in individual sports like pistol shooting, skiing, ski jumping, biathlon, athletic sports and so on. I really have no idea where it is in action at the moment. It depends on the head coaches of the teams and their philosophy," adds Lutz, on who is using Life Kinetik® at the moment.

He also notes how Life Kinetik® has big admirers at the pinnacle of the football world, "Jürgen Klopp loves Life Kinetik® and he is totally convinced that Borussia Dortmund won the two titles in a row also through the help of Life Kinetik®. But he thinks that the players need to relax their brain the day before and after a match. That is his opinion which makes it very hard to find dates for a 60-minute training. But he forced me to educate the trainers of the youth teams in Liverpool, because they have enough time to use it. On the other side, I talked with a lot of scientists, and they think that it would be a perfect training in the regeneration training the day after the match."

The [EHF Grassroots Convention](#) will be the first of its kind and Lutz shares his reasons for why everyone should attend on **Sunday 14 January 2024 from 09:00 until 16:00 CET** at the TU Munich.

"The Grassroots Convention is a possibility to exchange experiences, because it is easy to get in touch with others. There are a lot of specialists who can develop people and it is great to meet people with the same interests - that gives a good spirit.

