

Power²

Athletic Performance[®]

PowerFootball

Power Football is an eight-week, 90-minute, preseason training program for boys ages 13-18. This program is specially designed by our nationally Certified Strength and Conditioning Specialists[®] to improve the key athletic principles for the sport of football. Power Football training sessions include:

Agility and Quickness Training

Our expert, professional strength coaches will teach you multidirectional speed and quickness. In turn, you will notice improved on-field change of direction, deception and first-step explosiveness you can use to run over, through or around your competition.

Speed Training

Speed is a skill. In football, acceleration is the speed skill that makes people stand-up and notice. At Power² Athletic Performance, you will develop the skills and techniques needed to improve on-field speed and stand-out above your competition.

Power Training

Explosiveness, quickness and acceleration are all created by an athlete with power. Our coaching staff has created a progressive power program for football that is second to none and is designed around improving both upper and lower body power while reducing the risk of injury.

Strength Training

Strength is the foundation of all athletic ability. Football is a sport where size and strength play a very important role in success and injury management. Our Certified Strength and Conditioning Specialists[®] will work with you in developing the athletic strength needed to maximize your football playing potential.

Other Training Options:

- Individual Training
- Team Power Football Training
- 20 week Total Performance Training
- Strength & Power Training