

# Power<sup>2</sup>

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## Athletic Performance<sup>®</sup>

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# Speed & Agility

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Speed and Agility is a 6 week program for boys and girls ages 13-18. This program is specially designed by our nationally Certified Strength and Conditioning Specialists<sup>®</sup> to improve speed, quickness and agility for athletes in any sport.

### Movement Skills

Athletes enrolled in the speed and agility program will learn to develop proper linear, lateral and rotational movement skills they will use in their sport. Learning to move with proper angles in acceleration and deceleration will not only improve your speed, agility and quickness, but will decrease your risk of injury in practice and competition.

### Acceleration Training

Gain the game-breaking speed you've been dreaming of with improved acceleration. Acceleration is the key to incredible athletic speed and is best developed using over-the-ground training techniques. The experienced performance coaches of Power<sup>2</sup> Athletic Performance can take your speed to the next level with specialized drills and exercises designed to give you that extra burst you've been looking for.

### Deceleration Training

Develop ankle-breaking agility with Power<sup>2</sup> Athletic Performance. While deceleration training is often overlooked by many programs, it is critical in the development of agility and prevention of injury. This progressive agility training program will teach you how to utilize proper deceleration and movement mechanics to improve your change of direction skills on the field of competition.

### Injury Reduction Training

While not all injuries can be prevented, many are the result of poor movement mechanics and strength imbalances. Our professional strength coaches will evaluate your movement skills and develop your technique in this progressive training program to reduce your risk of injury.

### Other Training Options:

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

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