

THE LAB
AT ALL ISLAND SPORTSPLEX

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SJN

FOOT
Youth
BALL

**TRAINING
PROGRAM**

INTRODUCTORY SPEED TRAINING
SESSION ON THURSDAY, JUNE 19TH

8U:
1-2PM



9U:
2-3PM



10U:
3-4PM



11U:
4-5PM



LOCATION:

ALL ISLAND SPORTSPLEX / OFF-SITE LOCATION

WHAT TO EXPECT

- INDIVIDUAL PROGRAM DESIGNED TO REACH PEAK PERFORMANCE
- 4- TO 8-WEEK PROGRAM FOCUSING ON ACCELERATION, CHANGE OF DIRECTION, AND TOP-END SPEED
- POWER AND FORCE PRODUCTION DEVELOPMENT

WHAT IS INCLUDED

- DATA DRIVEN RESULTS WITH STATE OF THE ART TECHNOLOGY (GPS, VALD LASER SPEED UNITS, OVR JUMP AND VELOCITY, VIDEO ANALYSIS)
- INDIVIDUAL ATHLETIC SPEED PROFILE
- FULL BODY RECOVERY AND MOBILITY
- CUSTOMIZED PLANS THAT BEST SUPPORT THE TEAM'S GOALS AND DEVELOPMENT.
- PAYMENT FOR TEAM TRAINING IS REQUIRED UPFRONT.

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