

**THE LAB**  
AT ALL ISLAND SPORTSPLEX

x



**8** SPEED TRAINING  
SESSIONS  
\$200 PER ATHLETE



**16** SPEED TRAINING  
SESSIONS  
\$400 PER ATHLETE



YOUTH/ MIDDLE SCHOOL  
SPEED TRAINING  
SCHEDULE



**LOCATION:**  
ALL ISLAND SPORTSPLEX

**WHAT TO EXPECT**

- PROGRAMS DESIGNED TO REACH PEAK PERFORMANCE
- FOCUS ON ACCELERATION, TOP-END SPEED, AND CHANGE OF DIRECTION
- FUNCTIONAL STRENGTH TRAINING AND 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

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# SJN FOOT *Youth* BALL TRAINING PROGRAM