



Lynch Strong Volleyball Specifics

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| <p>Speed</p> <p>Balance / Deceleration / Stability Back Angle Shuffle Acceleration Agility / Footwork / Quickness Change of Direction 1st Step Quickness</p> | <p>Strength & Power Phases</p> <p>General Physical Preparedness Intensification Conjugate Strength/Power Ascending / Descending Power Endurance</p> <p>+</p> |
| <p>Strength/Power Specifics</p> <p>Single Leg Strength (Stabilizing Strength) Bilateral Power (Vertical Power) Anti-Rotational Core Strength (Rotational Power) Dynamic Eccentric Strength (Stretch Reflex) Reversal Strength (Concentric Power)</p> <p>+</p> | <p>Speed</p> <p>Linear & Lateral Acceleration Lateral Shuffle Lateral Crossover Curvilinear Speed Change of Direction Multi Direction</p> |
| <p>Overhead Athlete Specifics</p> <p>Balance / Deceleration / Stability Reactive Neuromuscular Training Strength Endurance Med Ball Power</p> | <p>Conditioning Specifics</p> <p>Aerobic Capacity Aerobic Power Anaerobic Lactic Capacity Anaerobic Lactic Power Anaerobic Alactic Capacity Anaerobic Alactic Power</p> <p>+</p> |

We have trained over 25+ Collegiate Athletes (including a All American in Volleyball), multiple All State selections (volleyball, basketball & baseball), 1 former Minor League Baseball (Washington Nationals).

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