

Youth vs High School vs Adult Health & Performance

Category	Youth (Ages 6–12)	High School (Ages 13–18)	Adult Health & Performance (Ages 18+)
Primary Focus	Build fundamentals, coordination, and confidence	Develop speed, strength, and sport-ready performance	Improve strength, mobility, energy, and long-term health
Training Goals	Movement quality, basic speed, safe strength	Acceleration, max-velocity, power, durability	Strength for life, joint health, power maintenance, athletic confidence
Session Style	Fun, fast-paced, game-based learning	Structured performance training with measurable progress	Personalized, joint-friendly training with clear progressions
Speed Development	Running mechanics, rhythm, balance	Acceleration, max-velocity, COD, elastic power	Maintain athleticism, improve gait, build speed safely
Strength Training	Bodyweight + light resistance	Barbell + VBT + power development	Strength for longevity, low-impact loading, power retention
Power Training	Jumping & landing basics	CMJ, SBJ, med ball throws, plyos	Power for aging well, bone density, confidence
Testing & Tracking	Quarterly mini-combines	Speed, jumps, strength, movement quality	Strength, mobility, power, movement quality
Progress Metrics	Coordination, speed, jump distance	Fly-10, 10–20m, CMJ, SBJ, VBT strength	Strength markers, mobility, power output, energy levels
Coaching Approach	Encouraging, fun, foundational	Technical, progressive, performance-driven	Supportive, individualized, health-centered
Program Outcomes	Better movement, confidence, athletic habits	Faster, stronger, more durable athletes	Stronger, healthier adults who move well and feel capable
Ideal For	New athletes, multi-sport kids	Competitive athletes, return-to-play teens	Adults returning to fitness or wanting structured training