

# **AFA**

## **SPORTS PERFORMANCE**

# **TEAM TRAINING**

**\$120 / TEAM / HOUR**

- STRENGTH & CONDITIONING**
- SPEED, AGILITY, & CHANGE OF DIRECTION**
- TEAM PROGRESS DATA AND ANALYSIS**
- SPORTS NUTRITION EDUCATION**
- DISCOUNTS FOR 1:1 TRAINING**
- SPORT SPECIFIC**
- TRAINING BLOCKS BASED ON CURRENT  
SPORT SEASON**

**AFA SPORTS PERFORMANCE COACHES  
WILL TAKE YOUR TEAM TO THE ELITE LEVEL.**

**[WWW.AFAPROTRAINING.COM](http://WWW.AFAPROTRAINING.COM)**