

TEAM SPEED TRAINING

8-WEEK PROGRAM

JUNE 22 - AUGUST 14

Sports Training Overview

Speed Development

Sprint Mechanics
Explosion Drills
Assisted Speed Development
Resisted Speed Development

Agility Training

Change of Direction
Balance Training
Explosive Maneuvering
Start & Stop Acceleration & Explosion

Quickness Development

Quick Feet Drills
First Step quickness
Starting & stopping quickness
Acceleration Development



Power Development

Plyometrics
Jumping Mechanics
Jumping Drills
Resisted & Assisted Jumping

Every Session can Include

Dynamic Warm-Up
Quickness Drills
Agility Drills
Jumping Drills
Speed Development & Sprinting
Enhanced Speed Development
Speed Conditioning
Sport Specific Training & Drills
Dynamic Cool Down



WHO WE TRAIN

Professional Athletes (NFL & NBA)
Collegiate Student-Athletes
High School Student-Athletes
& Middle School Athletes in all sports

WHO WE ARE

Certified Personal Trainers
Certified Strength & Conditioning Specialist, Members of the National Strength and Conditioning Association
former professional football players,
NCAA Academic All-American

TWO LOCATION OPTIONS

Temple University – Main Campus
100 yard football field
8-lane 400m track (compressed rubber)
Outdoor basketball courts
2 – 100-yard turf fields

PSTC @ Tri State Sports - Aston, PA

80,000 square foot facility
100 yard outdoor football field
2 Indoor turf fields
6,000 sq.ft weight room
Updated showering system and lockers

AGENDA

Pre-Test & Post Test
Fitness level evaluation
Body Composition
Habit Analysis
Nutritional counseling
Weekly Weight Management

COST

\$500 per player (8-weeks)
\$250 per player (Team Rate)
Deadline: June 13th

To get your team registered, call 267-940-PSTC
www.PhillySportsTC.com