

Football Agility, Plyometrics and Speed Program



Goal of the clinic:

We will look at the athlete as a whole, addressing their strength, power, speed, balance and agility needs, as well as nutritional needs. To work on strength, power, speed and body control related to football, as well as teach the players proper running form to allow for more efficient movement.

Benefits:

- Takes the weight room and puts it to function
- Pre and post testing of all participants
- Stresses quality of movement vs. quantity
- Based on sound conditioning and performance principals
- Improved movement patterns allowing for more efficient movement resulting in improved quickness, agility and power
- Injury prevention as a result of improved movement patterns

Clinic:

- Pre-testing for vertical jump, speed, shuttle run with reports to parents, athletes and coaches
- Teach proper running form

- Work on form and technique with the athletes so working on quality of movement vs. quantity
- 2x per week x 6 weeks

Staff: Physical Therapists, Athletic Trainers and Certified Strength and Conditioning Specialists who understand the needs of adolescent athletes, understand injury prevention as well as performance and how to incorporate the two into one program. We can also have a sports nutritionist and sports psychologist available, as well as a staff trained in proper running form.

Where: TBD

When: call to check on clinic sessions or to schedule your team

Cost: \$100 per person

Registration: Turn in completed registration form and Summa release form and payment to Summa Wellness Institute.

Summa Wellness Institute
5625 Hudson Dr., Hudson
(330) 342-4400

Pre-Registration Required:

Summa Wellness Institute at (330) 342-4400

Mail in: Summa Wellness Institute
5625 Hudson Dr.
Hudson, OH 44236

Checks Payable to:

Summa Wellness Institute

For additional information regarding

Sports Health Programs:

Hollie Kozak @ 330-379-5356 or
kozakh@summa-health.org

www.summahealth.org/sportshealth