

Speed & Agility Training

Session 1: June 3rd – June 28th

Session 2: July 8th - Aug 2nd

5pm – 6pm

Mondays, Wednesdays, and Fridays

Boys & Girls Age 11- 25

3 sessions per week - 60 minutes per day – The training sessions will include “The Power Pull”, slide board, Agility training and resistant sand training in the new Sand volleyball courts at Court One. If you are serious about increasing your Speed & Agility...
This is the training for you!



Presented By:



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Session 2 -July 8th – Aug 2nd 5pm-6pm

MONDAYS – WEDNESDAYS - FRIDAYS

WHAT IS IT?

“The Power Pull”

The Power Pull is a patented resistance machine that takes resistance training to the next level. With our 4 week program the Power Pull will teach the athlete to run with the correct form and mechanics and will make them quicker, faster, and more explosive.

“Sand Training”

Training on sand activates and strengthens underworked areas, such as the ankles, foot, and calf muscles. Which are used to grip the uneven surface of the sand.

Sand training will improve quickness and build explosive strength because muscles require a greater workload to accelerate, run, jump and change direction in the sand.

COST & REGISTRATION

Limited to 25 athletes

The cost for a 4 week training session is \$169.

Register online at

www.courtoneaz.com

Court One Athletics

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