



Sports Medicine: Youth Programs Football Performance Enhancement

Football is an intense sport requiring stamina and strength. As a result this program focuses on agility, speed, cardiovascular endurance and strength. Exercises and drills are fun and exciting so young athletes enjoy building skills.

Program Objectives

- Increase strength and power
- Improve speed and agility
- Promote good cardiovascular health
- Develop individual warm up and cool down routines
- Improve upper and lower body dissociation

Program Focus

- Pre and Post Video Analysis Testing of speed and agility
- Cardiovascular conditioning with emphasis on proper form
- Individualized strength and power program
- Body core strengthening

Program Provides

- Six one-hour sessions over two weeks
- Individualized strength and agility routine
- Personalized aerobic and anaerobic exercises
- Warm-up and cool-down programs

For more information contact:

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