



SPORTS PERFORMANCE TRAINING ATHLETE DEVELOPMENT

SPRING PROGRAM 2024
March 11th – June 7th

ABOUT THE PROGRAM

24 Total Sessions

12 Weeks – 2 Sessions per week

- **60 Minute Sessions**
- **15 Minute Warm Up, Mobility and Plyometric work**
 - **Power Training (upper body and lower body power production)**
- **15 Minutes of Speed & Agility Work**
 - **Day 1** – Linear Speed – First Step Quickness, Acceleration, Max Velocity [Top Speed], Running Mechanics
 - **Day 2** – Lateral Speed – Change of Direction, Lateral Quickness, Change of Direction, Cutting, Reaction, Agility
- **30 Minutes of Total Body, Athletic Based Strength Training**
 - Power Development/Explosive Lifts
 - Upper/Lower Body Strength Training
 - Core Strengthening
 - Progressive Strength Development

REGISTRATION

To see the schedule and to register please visit:

<https://athletesaccelerationna.com/spring-training/>

To save 10% use special promo code: MYS10

ABOUT US

Our staff are certified coaches and former athletes specializing in sports performance training designed to meet the needs and demands of today's athlete by reducing the risk of injury and improving performance. We are excited to be working with Mansfield Youth Soccer and to offer their dedicated athletes this exclusive offer.

Our mission is to provide sports performance training that enables athletes to reach their highest potential both during and beyond the years of competitive athletics.



Faster, Stronger, More Athletic

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