|  |  |  |
| --- | --- | --- |
|

|  |
| --- |
|  |
|   **SPEED & AGILITY****CORE STRENGTHENING PROGRAM** |

 |

|  |  |
| --- | --- |
|

|  |
| --- |
|  |

 |

|  |  |
| --- | --- |
|

|  |
| --- |
| **This proven 4 week program was developed by our staff with an emphasis on Hard Work and proper diet.  The primary goal with our Speed & Agility Core Strengthening program is to embrace the player’s knowledge of exercise and health that helps promote healthy diets while improving your strength and speed.**  |

 |

|  |
| --- |
|  |

|  |  |
| --- | --- |
|

|  |
| --- |
|  |

 |

|  |  |  |
| --- | --- | --- |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| **Our staff at Balls N Strikes consists of ex Professional players, college players and coaches.  We will give you an understanding of how diet along with the proper amount of rest and hard work affects your performance.  You will be trained by using but not limited to: Speed Ladder, High Box, Cones, Jump Ropes, Dot Drills, Medicine Balls and more.**  |

 |

 |

|  |  |  |
| --- | --- | --- |
|

|  |
| --- |
| 4 WEEK PROGRESSIVE PROGRAM 2 CLASSES PER WEEKCLASSES: TUESDAY 6-7 or 7-8                  FRIDAY 5-6 OR 6-7 |

|  |
| --- |
| Session 1          10/14-11/7Session 2          11/11-12/5Session 3          12/9-1/2Session 4          1/6-1/30Session 5          2/3-2/27Session 6          3/3-3/27  |

 |