

PLYOMETRICS & AGILITY TRAINING

Power may very well be the most valuable physical quality an athlete can possess and is an influential characteristic in determining athletic success. However, in many athletic contests it is not always the strongest team or individual that prevails; it is the most powerful.

Power:

- The ability to generate maximum or near maximum levels of strength in the shortest period of time.
- Can be developed with proper training and instruction. Scientific studies and reviews have presented evidence and logical arguments for the necessity of using high-force, high-velocity, movement-specific training exercises in order to produce superior performance gains in strength/power oriented sports.
- Plyometrics are specific exercises designed to enhance quick, powerful movements that emphasize "explosive-reactive" power training.

Plyometric and Agility Drills:

- Aim at linking strength and speed of movement to produce an explosive-reaction type movement in the shortest amount of time. Any sport skill demanding power – the combination of speed and strength – can benefit from plyometric training.
- Stimulate various changes in the neuromuscular system, enhancing the ability of the muscle groups to respond more quickly and powerfully.
- Teaches the neuromuscular system to respond more quickly and forcefully, familiarizing the athlete to sport-specific movements.
- Learn to create more **FORCE** in a shorter period of **TIME = GREATER POWER**.

INJURY POTENTIAL

Because of the high forces which may be encountered in explosive movements used training or competition for many sports, such as football, track & field, and gymnastics, appropriate conditioning is necessary in order to reduce injuries. When plyometric exercises are performed properly, they actually induce physiological adaptations to the muscle, bone, and connective tissue that prepare the body to undergo the physical stresses present in athletic competition. When performed improperly, they can lead to a variety of overuse type injuries. This type of training is our specialty and give every ounce of consideration to the athlete's goal, but not at the expense of sensible training.