



## CINCINNATI BASEBALL & SPORTS ACADEMY

3095 HOMEWARD WAY

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[www.cbsacademy.com](http://www.cbsacademy.com)

# SPEED & AGILITY TRAINING

The Cincinnati Baseball & Sports Academy's (CBS) **Speed and Agility Training** is geared toward every athlete in every age group to ensure that their athletic potential is reached. The workouts promise to use a variety of training techniques that have been proven on numerous athletes from all professional sports. CBS has a unique blend of sport training approaches that will help any athlete gain the edge that is needed in whatever sport they play. It does this by not only pushing each athlete, but by also focusing on and teaching every athlete the fundamentals of movement. Give your child the best instruction possible, call CBS today and reserve your time with us.

A few of the skills we use are as follows:

#### Speed Development

Sprint Mechanics  
Explosion Drills  
Assisted Speed Development  
Resisted Speed Development

#### Quickness Development

Quick Foot Drills  
First Step  
Starting & Stopping Quickness  
Acceleration Development

#### Agility Training

Change of Direction  
Balance Training  
Explosive Maneuvering  
Start and Stop Acceleration  
and Explosion

Quality is the key for successful performance of speed and agility drills. Use these (5) pointers to optimize the training response:

1. Warm up thoroughly. Speed and agility drills may not leave you out of breath, but they do put considerable strain on your muscles.
2. Speed and agility drills should be performed either on separate days to other training or at the start of a training session after the warm up.
3. You will gain the most benefit from speed and agility drills if you have previously developed a **solid strength and power base**.
4. A typical session may consist of approximately **5 sets of 10 repetitions** (each sprint being 1 repetition). Work to rest ratio should be 1:5, i.e. a 5 second sprint should be followed by a 25 second recovery period.
5. Speed and agility drills are suitable for most sports. To make them more specific, adapt them slightly to mirror the **movement patterns** in your game.

The **Speed and Agility Training** will include (10) one hour sessions. Sessions can be scheduled based on availability.

The **Speed and Agility Training** is **only \$100.00** for (10) hours of Intense Training. Space is limited, so contact CBS today.

**CALL 513-942-6639 TO PARTICIPATE IN THE...**

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**Cincinnati Baseball & Sports Academy – Training Tomorrow's Star Players**