



Team Training by Parisi

**Parisi Speed
School
at
HQFIT**



ACTIVE DYNAMIC WARM UP



Our Active Dynamic Warmup activates the muscles and nervous system in specific, scientifically steps.

The ADW serves to:

- **Increase core and muscle temperature**
- **Warm the nervous system**
- **Increase blood flow**
- **Increase the plyometric effect**
- **Improve coordination**
- **Increase endurance**

Due to the increased temperature and blood flow, the nervous system will fire faster and stronger resulting in a better performance during the training session.

A person wearing a red long-sleeved shirt and black athletic shorts is captured in a dynamic, low-to-the-ground pose, possibly a starting position for a sprint or a defensive stance in soccer. The person's right leg is extended forward, and their left leg is bent. Their hands are positioned near the ground, with fingers spread. The background is dark, and the lighting highlights the contours of the clothing and the person's form.

**Improving Speed
Accelerates Perform**

PARISI MOVEMENT SKILL METHODS

The Parisi Movement Skill Methods concentrate on four areas important to a strong and powerful foundation designed to serve your athletes in a variety of sports and physical activities for years to come. To ensure athletes get the most out of their workouts, we will teach them our methods of improving speed and the biomechanics behind them with high attention to detail.

1. **Deceleration** – The ability to decelerate properly is a learned skill and a must for injury prevention. Our methods place great emphasis on proper and efficient eccentric contractions that reduce the force and thus less strain on joints, tendons and ligaments.
2. **Acceleration** – Applying a fast, powerful force into the ground to overcome one's inertia and putting that force in the proper direction is key to maximizing acceleration.
3. **Change of Direction** – This is all about center-of-gravity management. Great athletes understand the relationship between their base of support and center of gravity.
4. **Maximum Speed** – Your athletes will increase their speed when they focus on increasing their stride length and frequency. They will learn how to have each foot come on and off the ground faster.



STRENGTH & POWER DEVELOPMENT

- Lower Body
- Upper Body
- Core Strength
- Power Development





**Endurance builds
Self-Confidence.**

TOTAL CONDITIONING

Our emphasis on building local muscular endurance through body weight training builds toughness while our conditioning techniques give athletes the stamina to outlast the competition.





Parisi Team Training

**Bonding
Unity
Strength.**

POWERED BY



BUILDING TEAM UNITY IN THE OFF-SEASON

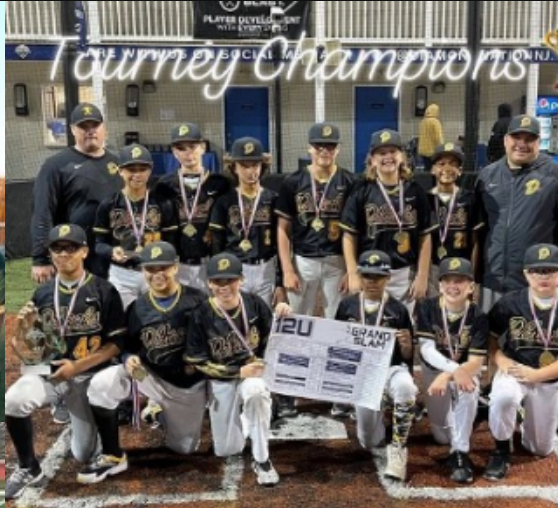
There's no question that team unity is an extraordinary differentiator among winners in the sporting world. While creating this strong bond among players is not a Parisi methodology, we have found team unity to be a highly desired outcome of increased performance. But here's the catch: Many coaches overlook the off-season as a time to keep their teams together —connected physically and mentally.

Now that is possible with a professional Parisi Speed School coach who will bring the PM4 team training drills into your off-season, to either continue to build upon the solidarity and identity you have worked on so hard during the season, or establish a new direction for your program. We'll help further the development of your team's toughness and camaraderie while assisting players in developing their physical attributes through the off-season to get their minds and bodies in great shape.

This is also an excellent opportunity for you as a coach to gain some emotional freedom from the daily grind. We're confident you will appreciate having this down time to work on the many business issues and truly evaluate your individual players work ethic and other affairs that often are a challenge to accomplish during season.

Inspire them. Motivate them. Keep them connected. That's a powerful combination during the off-season, and just one more reason to have Parisi Speed School on your side.





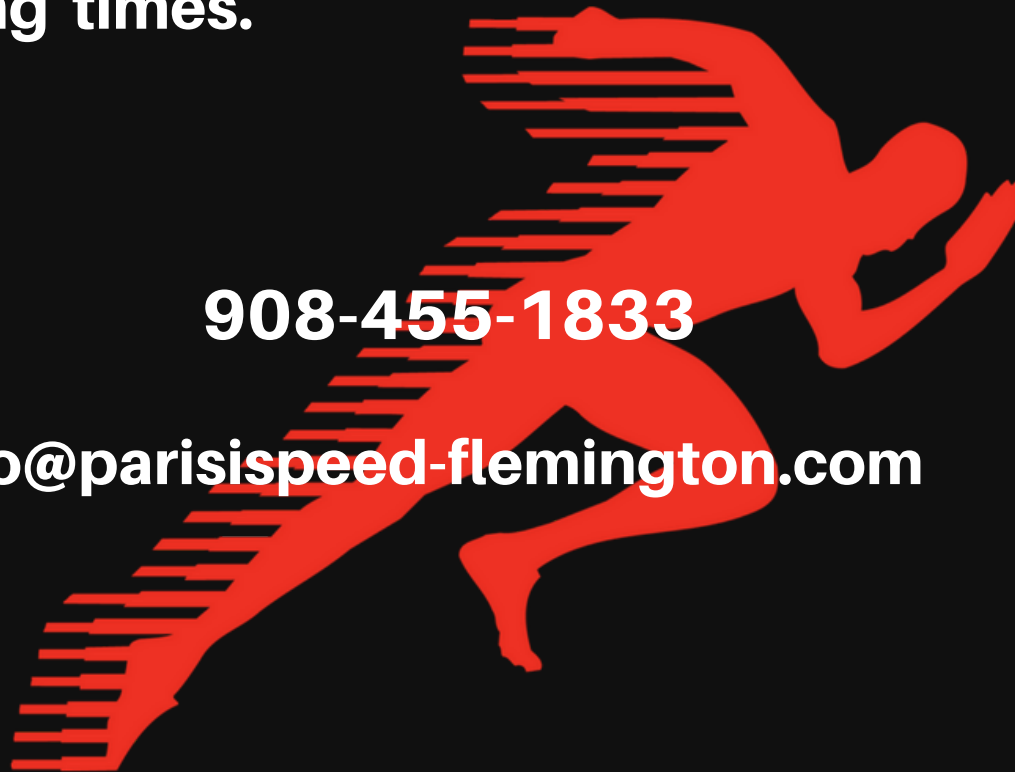
Call us to book a *FREE* Team Evaluation or for available Team Training times.

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**Parisi Speed School at HealthQuest
Flemington, NJ**

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