



## **Creating Athletes from the ground up ^^**

This Softball Team training program is designed for youth softball athletes. Training with Ispyr Athletics is a great way athletes learn to increase overall Speed, Agility, Quickness and Strength. Team workouts are designed to challenge each athlete physically and mentally while incorporating sport specific movements for players to mimic the demands associated with Softball.

In order to assure maximum results, the program is designed and built around overall team goals, this ensures that athletes maximize the explosiveness, speed, agility, quickness, core strength, balance, and conditioning both in the off-season and in-season.

During each session team building exercises are incorporated alongside, conditioning, and mindset development.

### **WHAT WE WORK ON IMPROVING:**

- Speed
- Agility
- Quickness
- Athleticism
- Reaction Time
- General Nutrition
- Overall Power & Strength
- Effective Sport Specific Drills
- Effective Multi-Directional movement
- Hip and general Flexibility
- Balance, stability & Awareness
- Coordination
- First Step Explosiveness
- Fix weak areas
- Overall Confidence
- Injury Prevention