

ELITE TRAINING



Team 82 Elite Training specializes in improving the ability to react with quick burst of speed and power, which is an advantage in any sport. We focus on teaching proper form and technique, allowing each athlete the opportunity to realize his or her highest potential in the safest manner. Whatever your sport, Team 82 will tailor a plan to help you achieve your goals. Total commitment and dedication are crucial components of the Team 82 Elite Training program.

SPEED, AGILITY AND QUICKNESS

- Proper Techniques
- Proper Basic Mechanics
- Proper Techniques for Positive Change

CIRCUIT

- Cardio Intervals
- Weight-Lifting
- Aerobics

STRENGTH AND POWER

- Focus on Specific Movement
- Maximal Strength, Power, Endurance and Stability

SPORTS - SPECIFIC TRAINING

- Maximum Speed
- Acceleration
- Change of Direction
- Mobility/Balance
- Stability / Core Training
- Strength / Cardiovascular
- Motor Skill Coordination

BALANCE AND FLEXIBILITY

- Proper Stability to Maintain Balance
- Proper Strengthening Techniques to Enhance the Performance Level

Professional Training

We build machines for maximum professional performance. This program is an elite level of training designed to push the professional athlete to maximize their skills. We design programs that break down the physics of your position, specifically enhancing speed, agility, strength, and strength endurance. This level of training makes winning a must and losing not an option.

Collegiate Training and Combine Preparation

Team 82 collegiate training and combine preparation are intensive programs designed around position specific drills and tests that our athletes will be graded by during a pro day. Whether it is NFL combine or individual team training our goals is to have all athletes perform and master all the skills needed to stand out and impress the coaches and scouts of the NFL.

High School training

This program is specifically designed for the student athlete that wants to excel to the next level. Team 82 designs and implements a sport/ position specific programs to maximize your potential. This program focuses on increasing strength, endurance, agility and speed. Proper training will also help prevent the game time injuries and possibly career ending injuries.

Youth Training

With Team 82 youth training we focus on the physical fundamentals of sports for our youth. We design individual and group programs that emphasize the flexibility, speed, and agility needed to play and outperform their competitors. Our fun youth training professionals teach health and fitness in a manner that will provide an important foundation that will be used for the rest of their lives

ELITE TRAINING

601-981-3567

www.team-82.com

Get Social with us on:

