

Phase 1: Performance Workshop: **Applied Methodology**



Registration

>> June 2, 2012

>> **Registration Deadline:** May 25, 2012

>> **Orlando, FL** - 321.218.0435

Cost

\$199

CEU Accredited

NSCA CEU
APPROVED



Course Description:

An elite training program designed to specifically address the key concepts of enhancing athletic performance, as well as overall, high-level fitness. The SSP Phase 1: Performance Workshop is geared towards professionals in the field of sports performance, strength and conditioning, personal training, athletic training and physical therapy, who desire to expand their applied knowledge on the vast spectrum of correcting movement imbalances, speed and agility, movement skills, and strength and conditioning. At the Phase 1 Performance Workshop you will receive a practical and applied approach to train athletes speed and agility as an integrated unit.

At the Phase 1: Performance Workshop, one will receive a comprehensive and applied approach to training athletes' speed and agility as an integrated unit, as well as tools to develop strategies for recomposing the physiques of fitness clientele.

Objectives:

1. Understand the science and rational behind an integrated speed and agility training program.
2. Learn and experience through a hands on approach.
3. Learn how proper Kinetic Chain development enhances speed and agility and minimizes compensation patterns.
4. Learn to apply this athletic methodology to effectively program design for the general fitness clientele.

Topics Include:

- Introduction to SSP Methodology
- Core and Postural Deviations
- Dynamic Flexibility
- Dynamic Movement
- Linear Plyometrics
- Multi-Directional Plyometrics
- Linear Speed
- Medicine Ball Power Development
- Upper Strength Development
- Lower Strength Development
- Regeneration Methods

Phase 1-Performance Workshop: Applied Methodology

Workshop Agenda

Presentation-Intro to SSP/system/template	8am-830am
Explain SSP methodology	
Explain and show SSP daily templates	
Presentation-Intro to Core-Postural Deviations	830am-9am
Discuss and explain common postural deviations	
Discuss proper kinetic chain alignment	
Explain Core musculature and its role in movement	
Core Practical	9am-930am
Hands on practical of core exercises	
Presentation-Intro to Movement Prep	930am-10am
Discuss the importance of an applicable warm-up session	
Relate kinetic chain alignment to movement patterns found in warm-up	
Discuss Dynamic Flexibility, Dynamic Movement, and Rapid Response	
Movement Prep Practical	10am-1030am
Hands on practical of Movement Prep Exercises	
Presentation-Intro to Linear plyos/movement	11am-1130am
Discuss and define plyometrics	
Establish the connection between plyometrics and linear speed training	
Linear plyos/movement Practical	1130am-12pm
Hands on practical of Linear Plyo and Movement Exercises	
Lunch Break	12pm-1pm

Presentation-Intro to Multi Directional plyos/movement	1pm-130pm
Discuss and define training in different plains of motion	
Establish the connection between plyometrics and multi-directional agility training	
Multi Directional plyos/movement Practical	130pm-2pm
Hands on practical of Multi-Directional Plyo and Movement Exercises	
Presentation-Intro to Power Development	2pm-230pm
Explain Power and how it relates to sports performance training	
Discuss the different ways to improve Power in athletes	
Power Development Practical	230pm-3pm
Hands on practical of Power Exercises	
Presentation-Intro to Strength Development	3pm-330pm
Discuss the differences of Traditional Strength Training and Movement Based Strength Training	
Explain Training Movement Patterns	
Connect Strength Training to On-field/court performance	
Upper Strength Practical	330pm-4pm
Hands on Practical of Upper Strength Exercises	
Lower Strength Practical	4pm-430pm
Hands on Practical of Lower Strength Exercises	
Regeneration Session/Post Workout Nutrition	430pm-5pm
Explain the importance of recovery after and in-between workouts	
Hands on Regeneration session	