

A PARENT'S GUIDE

Faster is Better



The Gold Standard in Sports

The Parisi Speed School is the gold standard for speed development in the U.S., with a proven track record of producing faster, stronger, and more explosive athletes across all sports. Founded by Bill Parisi, the father of speed training, the program has been at the forefront of athletic development for over 30 years.

Parisi pioneered scientifically backed speed training methodologies, blending biomechanics, strength training, and movement efficiency to help athletes maximize their potential. With a system that has trained over a million athletes, including countless pros and collegiate standouts, the Parisi Speed School is trusted nationwide for its elite-level coaching, data-driven programming, and unmatched results. Whether it's acceleration, agility, or injury prevention, this program delivers the most effective speed training in the industry.



Jerome Boyer, Program Director
(908) 809-8081

coachjerome@parisispeedbridgewater.com

THERE IS A DIFFERENCE SPEED TRAINING

The Father of Speed Training

The Parisi Speed School is the gold standard for speed development in the U.S., with a proven track record of producing faster, stronger, and more explosive athletes across all sports. Founded by Bill Parisi, the father of speed training, the program has been at the forefront of athletic development for over 30 years. Parisi pioneered scientifically backed speed training methodologies, blending biomechanics, strength training, and movement efficiency to help athletes maximize their potential. With a system that has trained over a million athletes, including countless pros and collegiate standouts, the Parisi Speed School is trusted nationwide for its elite-level coaching, data-driven programming, and unmatched results. Whether it's acceleration, agility, or injury prevention, this program delivers the most effective speed training in the industry.



The Parisi Program

- Breaks down the physiological and anatomical systems that drive speed, focusing on how the musculoskeletal, nervous, and fascial networks work together to produce explosive movement.
- Programming addresses how these systems influence acceleration, agility, and overall performance.
- The curriculum includes mechanical drills that address all these connections. Athletes and coaches can then apply targeted training strategies that maximize speed and efficiency on the field or court.

Parisi Speed Coaches

- Specialize in speed development, biomechanics, and athletic movement efficiency, going beyond traditional strength and conditioning certifications.
- Unlike general fitness and strength-focused trainers, Parisi Coaches are experts in acceleration mechanics, multidirectional movement, force application, and injury prevention.
- Prioritize movement efficiency & speed mechanics, ensuring athletes develop explosive power and agility rather than just general strength.

Train Smarter, Not Harder

Speed isn't just about running fast—it takes on different forms across all sports and athletic movements. It combines acceleration, maximum velocity, deceleration, multidirectional speed, agility, and maneuverability. Each of these elements plays a key role in performance. Speed Coaches integrate specialized mechanical drills that target each of these speed components, reinforcing efficient movement patterns and optimizing motor engrams. This structured approach not only enhances speed development but also plays a crucial role in reducing the risk of injuries, ensuring that athletes move safely and effectively across all phases of competition.



Conditioning is Not Speed Training

Speed training and conditioning are not the same—and confusing the two can limit an athlete's performance.

Speed training focuses on neuromuscular efficiency, mechanics, and explosive power, helping athletes improve acceleration, maximum velocity, and change of direction. It requires high-quality, short-duration efforts with full recovery to enhance fast-twitch muscle recruitment and sprint

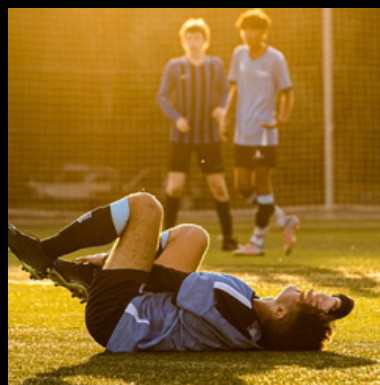
Conditioning is a by-product of speed training.

In contrast, conditioning does not improve speed skills or mechanics. True speed development requires precision, technique, and proper recovery—not just running athletes into exhaustion. This is a common mistake made by well-intended coaches.



Early Specialization of Sports Has a Higher Incidence of Injuries in Youth Athletes

Early sports specialization significantly increases the risk of injury in youth athletes due to repetitive stress, muscle imbalances, and inadequate recovery. When young athletes focus on a single sport too soon, they overuse the same muscle groups and movement patterns, leading to a higher incidence of overuse injuries, stress fractures, and joint issues. Without the diversity of movement that comes from playing multiple sports, young athletes miss out on well-rounded physical development, making them more vulnerable to imbalances and burnout. Studies show that early specialization does not guarantee long-term success—instead, it often leads to higher dropout rates, increased injury risk, and reduced athletic longevity. Encouraging multi-sport participation and age-appropriate training builds stronger, healthier, and more resilient athletes in the long run.



WHY IS THIS IMPORTANT?

PARISI BUILDS BETTER ATHLETES

Study 1

The Association of Sport Specialization and Training Volume With Injury History in Youth Athletes

- This study found that highly specialized youth athletes were more likely to report previous injuries, particularly overuse injuries, compared to those with low specialization. The study highlighted
- that athletes exceeding recommended sport volume were more prone to injuries. Investing in athleticism will help to mitigate injuries in youth athletes.



Study 2

Sports-Specialized Intensive Training and the Risk of Injury in Young Athletes

- This research identified sports specialization as an independent risk factor for injury and serious overuse injuries in young athletes.
- It showed that athletes who specialized in a single sport and participated in more hours of sports per week than their age were at increased risk of injury.

Study 3

A Prospective Study on the Effect of Sport Specialization on Lower Extremity Injury Rates in High School Athletes

- The study concluded that high school athletes with moderate or high sport specialization were more likely to sustain lower extremity injuries compared to those with low specialization.
- It emphasized the need for education on the risks associated with sports specialization.

DEVELOPEMENT OF THE ACTIVE DYNAMIC WARM-UP

A Proper Warm-Up Matters

In the late 1980s, Bill Parisi began working closely with quarterback Phil Simms during the off-season. This partnership marked a pivotal moment in Parisi's career as he applied his innovative training techniques to professional football. His work with Simms and the Giants showcased his expertise and laid the groundwork for his renowned Applied Dynamic Warm-Up (ADW) methodology.

The success of Parisi's training approach with elite athletes like Simms brought significant attention to his methods. This period marked the beginning of ADW's recognition in the athletic community, highlighting its effectiveness in preparing athletes for peak performance. Parisi's early work with the Giants served as a catalyst for the widespread adoption of his dynamic warm-up techniques, solidifying his reputation as a pioneer in sports performance training.



PREPARING PROPERLY FOR SPEED TRAINING

Pre-Warm Up Work

Pre-Warm-Up for Injury Prevention, Parisi emphasizes the importance of preparatory activities before the main warm-up to reduce injury risk. He introduces techniques such as foam rolling and targeted mobility exercises aimed at enhancing tissue quality and flexibility, setting the foundation for effective movement.



Active Dynamic Warm-up

Session-Based Active Dynamic Warm-Up delves into dynamic warm-up routines tailored to specific training sessions. Parisi outlines active movements that progressively increase in intensity, designed to elevate heart rate, activate the nervous system, and mimic the demands of upcoming activities, thereby optimizing performance and further mitigating injury risk.

Speed Specific Movement Prep

Speed-Specific Movement Prep focuses on developing qualities that directly enhance speed. The Parisi system has several specific sequences that properly prep the body for speed work and jump training. These are chosen based on the speed training focus of the day. These movements prepare the fascia and central nervous system for focus of the day.

Pre-Warm Up

3-5 minutes

Golf Ball: Roll
Out Feet
Foam Roller:
Large Muscle
Groups
Resistant Band
Work

ADW

8-10 minutes

Air Squat Series
Jack Series
Pogos
Marching
Omni-planar Lunge
Ground Activation

Speed Specific Prep

3-5 minutes

Skipping
Quick Steps
Lateral Movements
Thigh Drives
Combo Runs
Pogos to Sprints

ACTIVE DYNAMIC WARM-UP

THE PRE WARM-UP

Pre-Warm Up Work

- A pre-warm-up is a critical first step that prepares the body for movement before a full warm-up or workout. This phase increases circulation, improves mobility, and reduces injury risk by addressing muscle and fascia tightness. Athletes should build the habit of using a pre- warm-up before their practices and games. Prioritizing a pre-warm-up benefits from better movement efficiency, neuromuscular activation, and overall performance. Simple pre-warm-up techniques include: Rolling your feet with a golf ball to stimulate the plantar fascia will improve foot mobility and stability. Using a lacrosse ball to release deep tension in glutes, calves, and upper back. Foam rolling larger muscle groups like quads, hamstrings, and the IT band to enhance movement quality. These techniques prime the body for optimal movement with improved mechanics, increased strength and enhanced speed of movement.

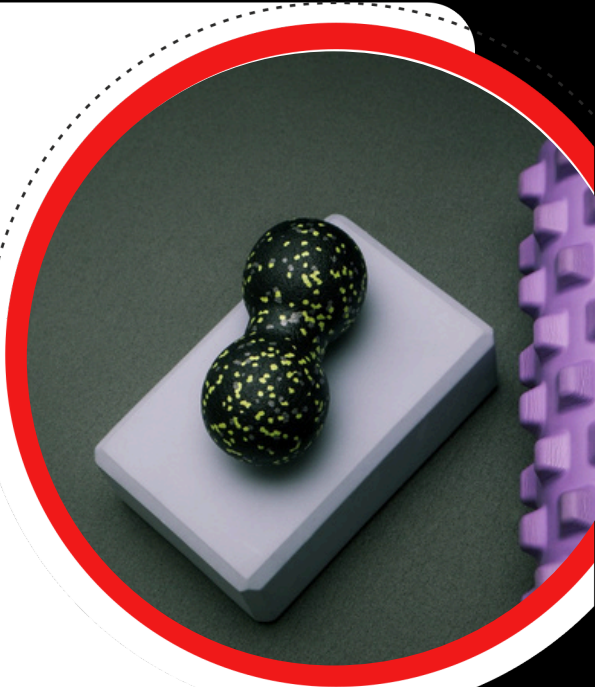


THE SCIENCE BEHIND THE PREWARM-UP

Science Based Guidance

Incorporating pre-warm-up exercises, such as foam rolling, into an athlete's routine has been shown to enhance performance, aid recovery, and reduce the risk of injuries. Research indicates that foam rolling can improve muscular performance and flexibility while alleviating muscle fatigue and soreness. A meta-analysis found that pre-exercise foam rolling leads to small improvements in sprint performance and flexibility, making it a beneficial addition to warm-up activities. [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov)

Additionally, foam rolling has been observed to reduce neuromuscular exhaustion related to maximal force production. A study comparing preventive (pre-exercise) and regenerative (post-exercise) foam rolling concluded that both methods effectively decrease the loss of maximal isometric voluntary force, suggesting benefits in both performance enhancement and recovery. [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov)



THE SCIENCE BEHIND

THE PREWARM-UP

Sources

Here are three key sources that support the benefits of pre-warm-up exercises like foam rolling for athletic performance, recovery, and injury prevention:

Foam Rolling Improves Performance & Flexibility

- A meta-analysis found that pre-exercise foam rolling improves sprint performance and flexibility by increasing blood flow and reducing muscle stiffness. This means athletes can move more efficiently and with greater range of motion, helping them perform better. Source: PMC6465761

- _____

Foam Rolling Reduces Neuromuscular Fatigue & Aids Recovery

- Research suggests that foam rolling before exercise can reduce neuromuscular fatigue, meaning athletes maintain their strength and power output for longer. Additionally, post-exercise foam rolling helps reduce muscle soreness, supporting faster recovery after intense training. Source: PMC5721176

- _____

Foam Rolling Decreases Injury Risk

- Studies show that consistent use of foam rolling improves tissue quality and helps reduce the likelihood of muscle strains and overuse injuries. By increasing circulation and muscle elasticity, athletes can better prepare their bodies for movement and reduce the risk of injury during high-intensity
- activity. Source: Multiple peer-reviewed studies referenced in Human Kinetics & Sports Medicine Journals



THE SCIENCE BEHIND THE ADW

The Parisi ADW Improves an Athlete's Overall Conditioning

- A thorough active dynamic warm-up is essential for improving athletic performance and reducing injury risk. Dynamic stretching utilizes
- active movements to take muscles through their full range of motion, enhancing mobility and flexibility. Increases muscle temperature and
- neuromuscular efficiency, ensuring the body is primed for both controlled and explosive movements. Prepares the body for the
- demands of sport, leading to improved movement quality and better overall performance. Warm-up intervention programs with dynamic
- activities have been proven to prevent sports-related injuries. A systematic review and meta-analysis show significant reductions in
- upper and lower limb injuries when structured dynamic warm-ups are included. Dynamic warm-ups help muscles and joints absorb impact safely, reducing the likelihood of strain, sprains, and overuse injuries.
- Engaging in a proper warm-up ensures athletes can move efficiently, react faster, and perform at their peak while staying injury-free.

Sources:

- Sports Injury Physio
- PMC Study on Injury Prevention



THE SCIENCE BEHIND ADW SCIENCE

Sources

Here are key scientific sources that support the importance of an active dynamic warm-up for improving athletic performance and reducing injury risk:

Dynamic Stretching Enhances Performance & Readies Muscles

- Research shows that active dynamic stretching increases flexibility, raises muscle temperature, and improves neuromuscular efficiency, helping athletes move more effectively. A proper warm-up prepares muscles for high-intensity activity, reducing stiffness and improving overall movement quality.
- Source: [Sports Injury Physio](#)

Warm-Up Programs Significantly Reduce Injury Risk

- A systematic review and meta-analysis found that structured warm-up programs incorporating dynamic activities greatly reduce the incidence of upper and lower limb injuries in athletes. These programs prime the body for movement, reinforcing joint stability and reducing muscle imbalances that lead to injury. Source:
- [PMC9140806](#)



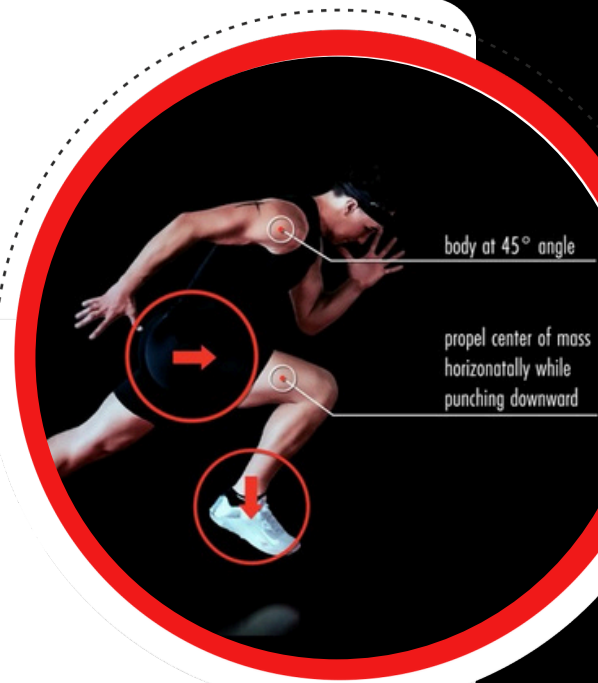
COMPONENTS OF SPEED TRAINING

SPEED

MECHANICS

Acceleration

Acceleration, the Parisi program delves into the mechanics and training methodologies essential for enhancing an athlete's ability to increase speed rapidly from a stationary position. The curriculum-based classes emphasize the importance of proper body positioning, force application, and technique to maximize acceleration efficiency. Coaches lead detailed drills and exercises designed to improve explosive starts and initial speed, which are crucial in many sports scenarios.



Maximum Velocity

Maximum Velocity focuses on achieving and sustaining top-end speed. Parisi classes focus on biomechanical factors that contribute to reaching maximum velocity, including stride length, frequency, and overall running mechanics. Coaches give their athletes unique training strategies to help maintain peak speed over longer distances and improve their posture and rate of force application. Advanced drills are given to older teen athletes along with appropriate mobility to enhance neuromuscular coordination.

Deceleration

Deceleration, an often-overlooked skill. Athletes must learn to slow down effectively. Controlled deceleration is vital for injury prevention and performance, as it allows athletes to change direction safely and efficiently. Parisi coaches put an emphasize on deceleration technique and exercises in every class. This practice improves eccentric strength and improves the motor control that is necessary for effective braking and directional changes.

MECHANICAL DRILLS FOR ACCELERATION

Wall Drives

- Reinforce proper acceleration mechanics, helping athletes develop explosive starts.
- Teaches correct body angle and posture, ensuring optimal force application for sprinting.
- Emphasizes knee drive, shin angle, and foot placement, all critical components of acceleration. Enhances neuromuscular coordination, training athletes to generate power efficiently with each stride.
- Develops lower body strength and stability, improving force production and ground contact mechanics.
- Allows athletes to focus on form without external distractions, creating more efficiency in their sprinting.
- Offers a low-impact drill that reduces injury risk, making it safe for athletes of all levels.
- Can be used as a warm-up or technical drill, before sprinting.
- It one of the most reliable drills for athletes of all ages.



Beginner Wall Drive:

- Single Wall Drive Switches
- Double Wall Drive Switches
- Triple Wall Drive Switches
- Isometric Wall Drive Holds

Tips:

- Don't look down
- Hips should be forward.
- Keep a strong back.
- Foot should be dorsiflexed.
- Achieve full extension on base leg.

MECHANICAL DRILLS FOR MAXIMUM VELOCITY

Leg Recovery

- Improves stride efficiency by reinforcing proper leg cycling mechanics
- Focuses on front-side mechanics, ensuring the knee drives up and forward.
- Enhances training with neuromuscular coordination; leg should recover quickly and efficiently between ground contacts.
- Develops hip flexor strength and elasticity, which are critical for maintaining top-end speed.
- Encourages proper shin angle and dorsiflexion, optimizing ground contact for more powerful strides.
- Reduces excessive backside mechanics, preventing over-striding and unnecessary braking forces.
- Helps athletes sustain maximum velocity longer.
- Can be integrated into warm-ups or sprint training, reinforcing correct movement patterns before full-speed runs.



Leg Folds

- Standing leg fold.
- Side lying fold.
- Banded leg folds
- Standing leg fold to claw.

Tips:

- Don't look down.
- Keep your pelvis neutral.
- Foot should be dorsiflexed.
- Keep base leg locked.
- Crush your calve to your hamstring.

MECHANICAL DRILLS FOR DECELERATION

Slow Down to a Stop

- Every track drill should end with a deceleration position to reinforce controlled stopping mechanics and prevent excessive braking forces.
- Deceleration training improves an athlete's ability to slow down efficiently, reducing unnecessary stress on the joints and muscles.
- Proper deceleration mechanics lower the risk of injuries, such as ACL tears and ankle sprains, by training the body to absorb force safely.
- Deceleration drills enhance change of direction skills by teaching athletes how to brake, control momentum, and transition smoothly into their next movement.
- Strong deceleration leads to more explosive re-acceleration, allowing athletes to be quicker and more reactive in game situations.
- Training controlled stopping patterns builds lower-body strength and stability, essential for agility and multi-directional movement.

Chop to Decelerate

- Take shorter steps to stop.
- Shorten your arm action to stop.
- Lower your center of gravity.

Tips:

- Don't look down.
- Keep a strong back.
- Bend your knees & hips when you lower your center of gravity.
- Do not pound your heels



FASTER IS BETTER

SPEED TRAINING DRILLS

Here are essential speed mechanics drills that every athlete should incorporate to build efficient sprinting form, acceleration, and overall speed:

Acceleration Drills

- Wall Drives – Reinforces forward body angle, knee drive, and proper foot placement.
- Falling Starts – Encourages explosive acceleration by teaching proper lean and push-off mechanics.
- Sled Pushes (Light Resistance) – Strengthens leg drive and improves first-step explosiveness.
- 3-Point Stance Sprints – Teaches proper launch mechanics for multi-sport athletes.

Maximum Velocity

- A-Skips & B-Skips – Enhance knee lift, front-side mechanics, and force application.
- Fast-Leg Drill (Single & Double) – Develops stride efficiency and turnover speed.
- Bounding – Improves force production and stride length for maximum velocity.
- Straight-Leg Runs – Trains proper hip extension and elastic response in sprinting.



FASTER IS BETTER

SPEED TRAINING DRILLS

Change of Direction & Agility Drills

- Deceleration Drills – Strengthens the ability to stop and change direction efficiently.
- Pro Agility (5-10-5 Drill) – Develops lateral quickness and transition speed.
- T-Drill – Builds agility, coordination, and reaction time.
- Crossover Step Drills – Enhances lateral movement and cutting ability.

Stride & Arm Mechanics Drills

- Arm Action Drills (Seated & Standing)
Improves arm coordination and upper-body rhythm for sprinting.
- Thigh Drive with Arm Drive
Reinforces proper posture and knee drive mechanics.
- Hill Sprints
Enhance stride mechanics, acceleration power, and knee lift.

Posture & Core Stability Drills

- Marching Drills – Develops proper upright sprint posture.
- Plank Variations – Strengthens core stability for better sprint control.
- Medicine Ball Throws (Rotational & Overhead) – Builds explosive power in the core and hips.



FASTER IS BETTER

STRENGTH FOR SPEED

Lower-Body Strength & Power

Building strength for speed requires exercises that enhance force production, power, and movement efficiency. Here are many common exercises used to strengthen an athlete for improvements in acceleration, maximum velocity, and agility.

- Trap Bar Deadlifts – Develops explosive force and posterior chain strength. Bulgarian Split Squats – Builds unilateral strength and stability for powerful strides. Romanian Deadlifts (RDLs) – Strengthens the hamstrings and glutes for better sprint mechanics. Step-Ups (Weighted or Explosive) – Improves single-leg drive and knee lift. Add a leg fold to each step up to reinforce upright posture. Perform forward facing and in a lateral position. Hamstring Curls - Use a swiss ball, sliders or a cart. Perform at various
- tempos.
- Sled Pushes – Develops acceleration mechanics and leg drive and power. Include marches, not just sled runs.
- Depth Jumps – Improves reactive strength and power off the ground.
- Kettlebell Swings – Develops hip explosiveness, crucial for sprinting efficiency.



FASTER IS BETTER

STRENGTH FOR SPEED

Core & Stability Training

- Hanging Leg Raises – Strengthens the lower core for better hip flexion and knee drive.
- Plank Variations (Weighted, Side, or Dynamic) – Builds core stability for improved sprint posture.
- Pallof Press – Enhances anti-rotational core strength to maintain sprint alignment.
- Medicine Ball Rotational Slams – Increases core power for multidirectional speed.
- Ab Rollouts – Strengthens the deep core, essential for sprinting efficiency.



Upper-Body Strength & Speed Mechanics

- Chin-Ups/Pull-Ups – Develops upper-body strength to drive efficient arm mechanics.
- Push Press – Enhances explosive upper-body power for improved arm drive.
- Bent-Over Rows – Strengthens the upper back for better sprint posture and shoulder control.
- Dumbbell Arm Action Drills – Improves arm drive coordination for sprinting efficiency.
- Explosive Medicine Ball Chest Pass – Develops upper-body power to improve speed transfer.



Jerome Boyer, Program Director

(908) 809-8081

coachjerome@parisispeedbridgewater.com