

A male athlete is captured in a starting crouch on a green track. He is wearing a red short-sleeved athletic shirt with a small Under Armour logo on the chest, black shorts with a grey stripe, black socks, and black sneakers with white accents. He is looking down and to his right with a focused expression. The background is dark, and the lighting highlights his form. In the top right corner, there is a small red square and a thin white horizontal line.

# **Team Training by Parisi**

Parisi Speed  
School  
Bridgewater

Start Strong. Finish Stronger.

POWERED BY

**PARISI**  
SPEED SCHOOL

# **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.**



**Improving Speed  
Accelerates Performance**

# PARISI MOVEMENT SKILL METHODS

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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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