

# CAMP FOCUS

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## SPEED

Explosive drills , power cleans, high reps and slow eccentric movements will strengthen fast twitch muscles needed for speed!

## STRENGTH

Squats, presses, core movements and 5x5 strength sets will build a strong base athlete from core to extremity

## AGILITY

Changes in speed, direction, and height will teach the athlete to adapt and move properly and quickly

## ENDURANCE

Decreasing rest time and adding resistance training will train slow twitch muscles and build a strong engine