



TEAM STRENGTH & PERFORMANCE TRAINING

A Coach's Guide to Building Faster, Stronger,
More Resilient Athletes and Teams

PROGRAM OVERVIEW | SESSIONS | TESTING | PRICING | SCHEDULING
PREPARED FOR COACHES & ATHLETIC PROGRAMS



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WHY TEAMS NEED STRENGTH TRAINING

Athletes who train with structure and intent outperform athletes who simply practice their sport. Strength training is the foundation that allows speed, power, and skill to show up consistently, week after week, especially late in the season when games are won or lost.

PERFORMANCE GAPS ARE WON IN THE WEIGHT ROOM

Sport practice sharpens skill, but it rarely builds the raw speed, power, and explosiveness that separate good teams from great ones. A structured strength program closes that gap directly, turning practice reps into game-day results.

WHY EVERY TEAM BENEFITS

- ✓ Faster, more explosive athletes
- ✓ Reduced injury risk
- ✓ Better conditioning late in games
- ✓ Increased confidence and team culture
- ✓ Objective performance improvements



THE BOTTOM LINE

Stronger, faster, more resilient athletes translate directly into fewer injuries, better performance late in games and late in the season, and a competitive edge that shows up on the scoreboard.

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WHAT ABSOLUTE PERFORMANCE PROVIDES

Absolute Performance partners directly with coaches and programs to deliver a complete strength and speed development system — built around your team's schedule, sport demands, and goals.

**EVERY TEAM RECEIVES:**

- ✓ Certified Strength Coaches
- ✓ Sport-Specific Programming
- ✓ Field + Weight Room Training
- ✓ Performance Testing
- ✓ Injury Prevention
- ✓ Coach Communication
- ✓ Flexible Scheduling

YOUTH ATHLETES (AGES 9–12)

One of the most common questions we hear is whether strength training is safe for younger athletes.

The answer is yes. When supervised by qualified coaches, age-appropriate strength training does not stunt growth. Research consistently shows it improves coordination, movement quality, confidence, athletic performance, and helps reduce injury risk. Our youth athletes focus on learning movement patterns, balance, body control, and proper technique — not lifting heavy weights.

**IN SHORT**

One partner, one program, one consistent system — covering strength, speed, testing, and communication with your coaching staff.

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SAMPLE TRAINING SESSIONS

Every training week blends field work and weight room training so athletes develop speed, power, and strength together. Below are representative sessions — actual programming is adjusted by sport, season, and testing results.

SAMPLE 30-MINUTE TRAINING SESSION

SEGMENT	FOCUS	TIME
Dynamic Warm-Up	Movement prep, mobility, activation, sprint mechanics	5 min
Field Work	Acceleration, change of direction, agility, or speed development	20 min
Conditioning	Bike intervals, sled work, power circuits, or sport-specific conditioning to work on explosivness	10 min

SAMPLE 60-MINUTE TRAINING SESSION

SEGMENT	FOCUS	TIME
Dynamic Warm-Up	Movement prep, mobility, activation, sprint mechanics	10 min
Field Work	Session focus rotates between acceleration, change of direction, or conditioning based on the team's needs and training phase	20 min
Weight Room	Main lift, accessory work, and injury-prevention strength training	30 min

TESTING

TEST	WHAT IT MEASURES
Broad Jump	Horizontal power and explosiveness
Vertical Jump	Lower-body power output
10-Yard Dash	Starting strength and acceleration
20-Yard Dash	Acceleration and top-end speed development
Pro Agility (5-10-5)	Change of direction and lateral quickness

Teams that commit to 10 or more sessions receive their initial Testing evaluation FREE (\$150 Value).

For teams booking fewer than 10 sessions, baseline testing is completed during the first training session

EXPECTED RESULTS

- ✓

Faster sprint times
- ✓

Increased power
- ✓

Greater strength
- ✓

Better conditioning
- ✓

Reduced injury risk
- ✓

Stronger team culture

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PRICING

Team pricing is structured by total number of sessions — the more sessions your team commits to, the lower the per-session rate. All packages include up to 20 athletes.



60 MIN SESSIONS

PACKAGE	SESSIONS	PRICE/SESSION
Starter	5-10 sessions	\$150 per session
Standard	15 sessions	\$130 per session
Full Cycle	20+ sessions	\$120 per session

30 MIN SESSIONS

- Best suited for in-season teams looking to maintain strength, improve speed and agility, or maximize practice time.

PACKAGE	SESSIONS	PRICE/SESSION
Starter	5-10 sessions	\$95 per session
Standard	15 sessions	\$85 per session
Full Cycle	20+ sessions	\$75 per session

EVERY TEAM PACKAGE INCLUDES

- ✓ Certified Strength & Conditioning Coach
 - ✓ Customized Programming
 - ✓ Field Work and/or Weight Room Training
 - ✓ Baseline & Progress Performance Testing (60 minute packages)
- ✓ Coach Communication
 - ✓ Up to 20 athletes per session
 - ✓ Flexible scheduling around practices and games

BEST VALUE

The 20-session Full Cycle package offers the lowest per-session rate at \$120/session and gives athletes the most complete training cycle, from baseline testing through measurable results.