

# Junior High Football Strength and Conditioning



## *SOAR Fitness Systems*

The summer is the ideal time for the junior high football player to learn foundational strength and conditioning concepts in order to prepare for the rigors of August practices and the regular season. At Soar Fitness, we provide comprehensive speed, strength and conditioning programs tailored to the individual athlete – all based off of an initial assessment. Our goal is to build a solid foundation of movement skills that not only enhance performance, but more importantly, reduce the likelihood of minor or major injuries that can occur during practice or games. No form of training can 100% reduce the risk of injury, but proper training and the promotion of functional movement patterns can reduce the risk of non – contact injuries such as hamstring or hip flexor strains and knee or shoulder sprains.

Instruction and execution of proper lifting technique is one of our foremost concerns. We are well aware that these athletes will eventually have to lift weights in the school setting. A major part of our program is preparing the young athletes for their future involvement in high school sports. This is why we use progressions to ensure that each athlete is learning the lifts in a way that is most appropriate for their body type and skill level.

### **A Typical Week of Training at SOAR Fitness Will Include**

- Flexibility and mobility work
- Speed and agility instruction and drilling
- Appropriate strength, power and core training
- Conditioning with a variety of implements including sleds
- Various physical tests to create a fun and competitive training environment

Call Mike Kozak at SOAR – 614-306-9364 for more information about our schedule and pricing or visit [www.soarofcolumbus.com](http://www.soarofcolumbus.com)