



What offseason training looks like

12 weeks | Twice a week | 24 sessions | Ages 9-14

Once the season wraps up, we take what it showed us and get to work. For football players, I'm planning to start in December so we can build some momentum heading into the new year.

The program runs 12 weeks, twice a week. It's athletic development built around your child's sport, position and what they need to improve. Here's how we build it:

Weeks 1-4 | Get stronger and move with control

We start with strength, balance and body control. I want them to understand how to use their body, hold strong positions and stop under control before we ask them to do more at speed.

Weeks 5-8 | Build the burst

We put more focus on that first step, changing direction and getting moving again after a stop. We keep building strength while teaching them to move with more purpose and react to what's in front of them.

Weeks 9-12 | Put it into their sport

Now we put more of that work into competitive situations. For football, that might mean creating separation, reacting to a defender or moving better at their position. For another sport, the reps change to fit what that athlete needs.

Strength, movement and sport work are part of all three phases. The emphasis changes as your athlete develops.

What you can expect from me

I'll coach the details, make corrections and adjust the work to your athlete. We'll check where they start, how they're progressing halfway through and where they finish. You'll know what's improving and what we need to keep working on.

Coach Corre | GameSpeed Performance Lab

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Exact start date and training times will be set before enrollment.