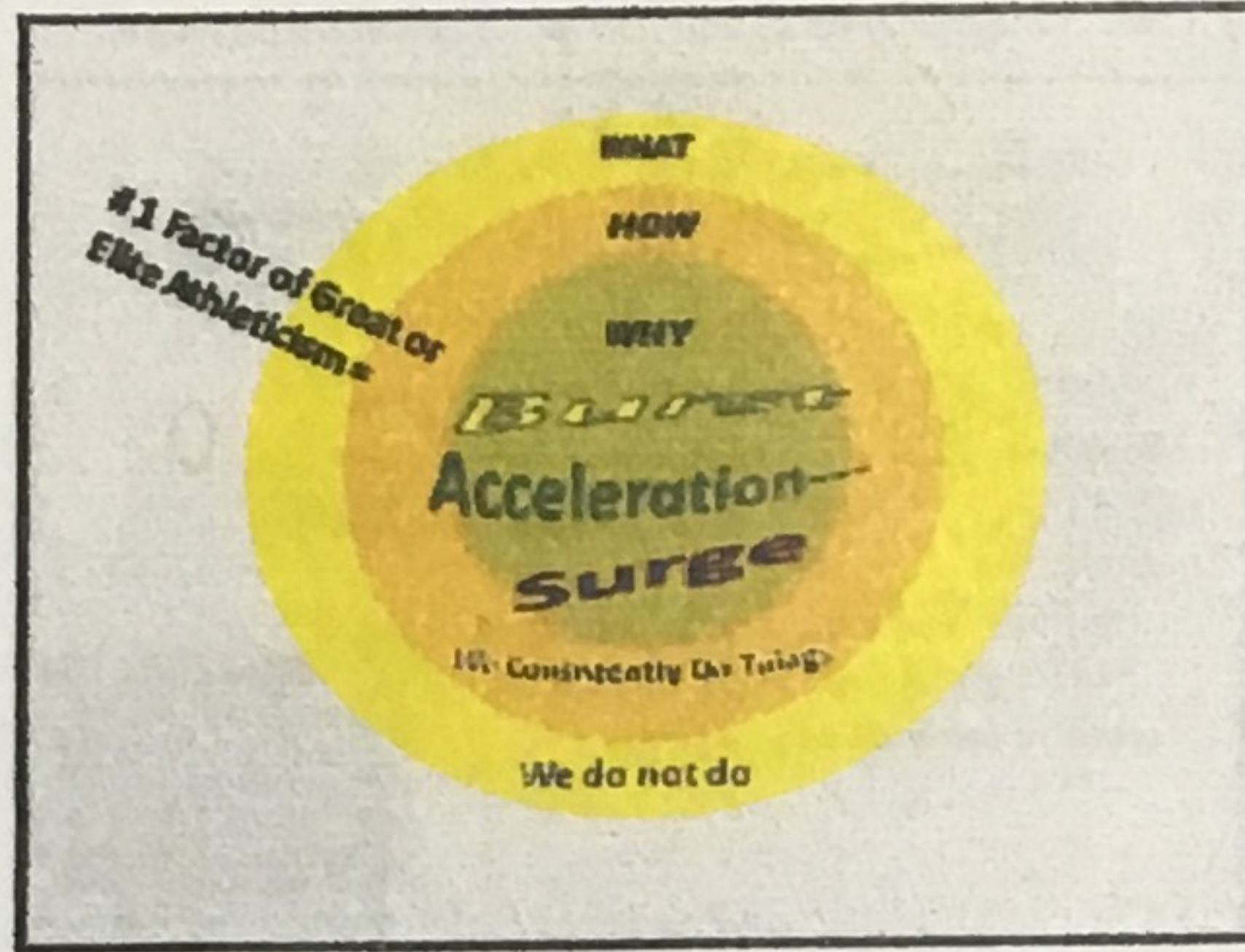
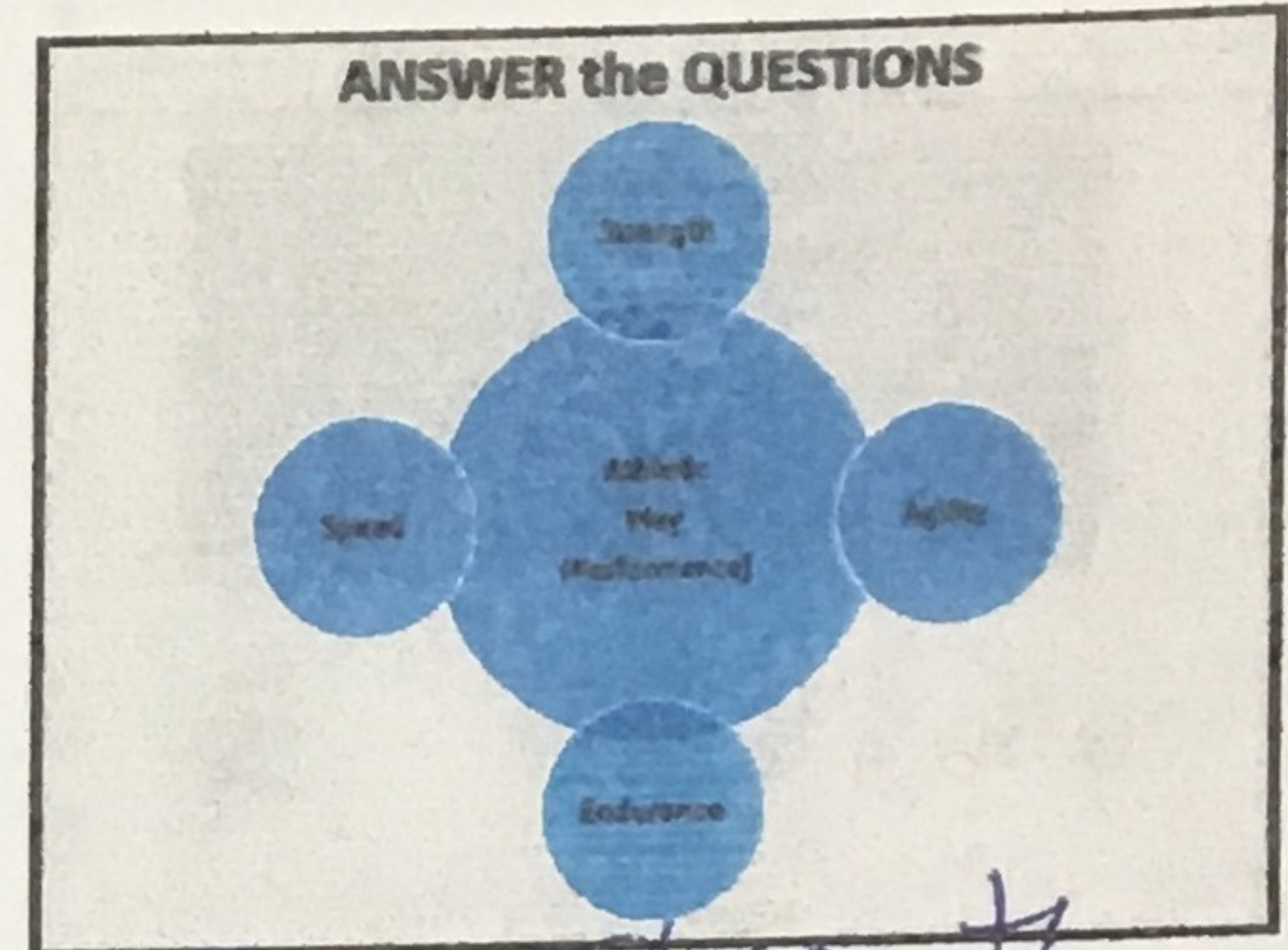


Univ. of Oregon

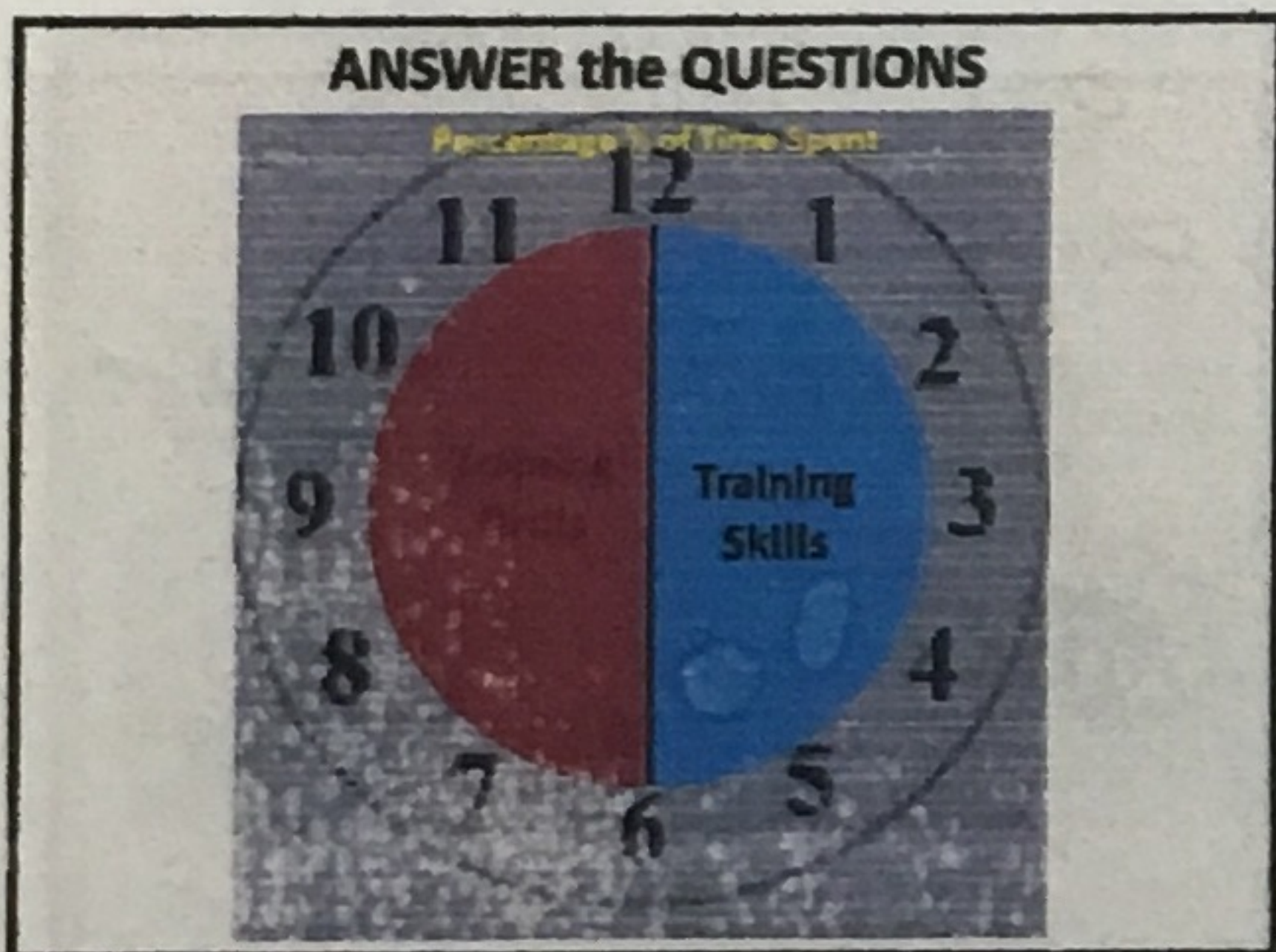


Burst Acceleration Surge

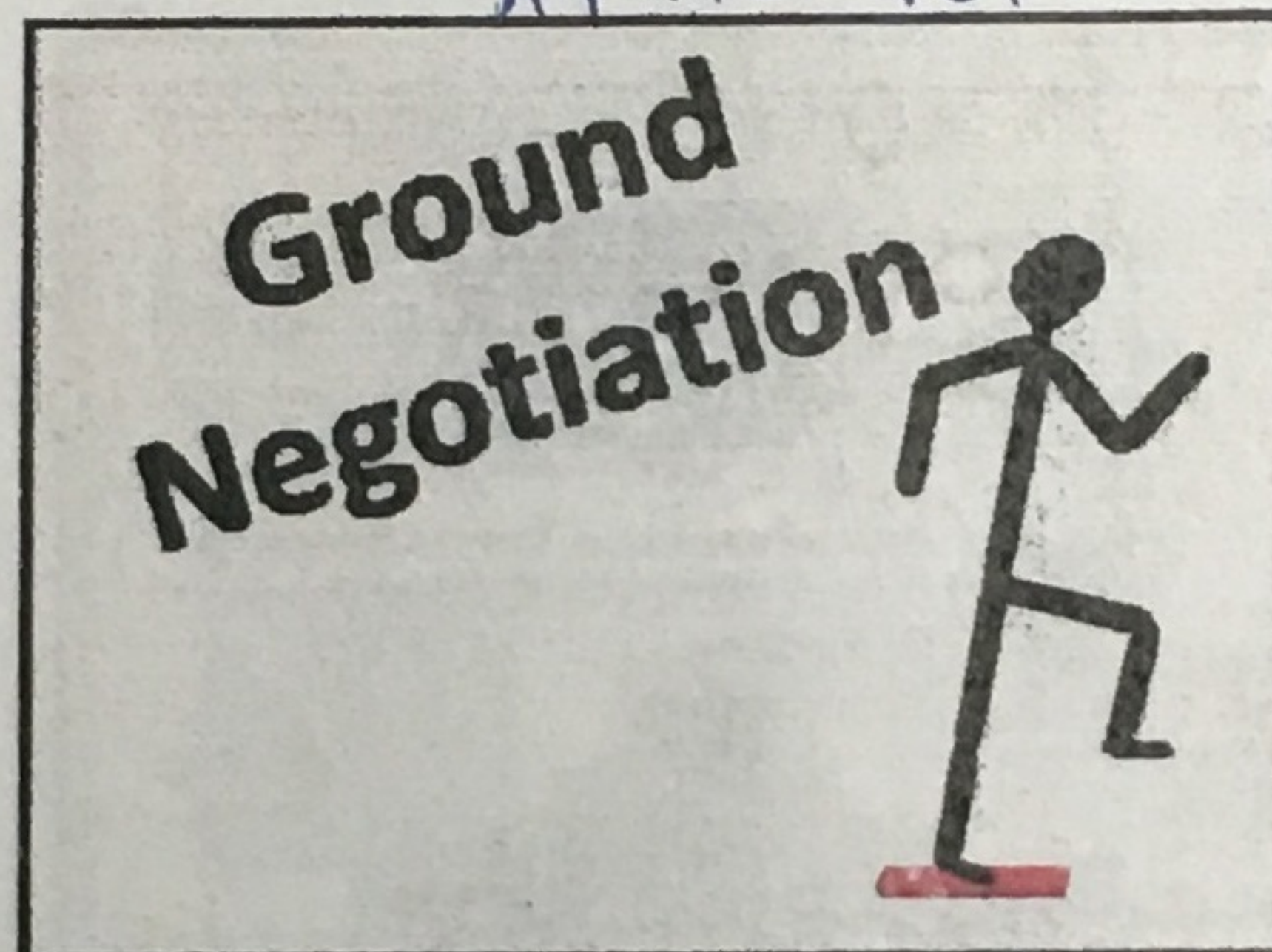
#1 factor of Elite Athleticism



Strength
Speed **Athletic Play Performance** Agility
Endurance

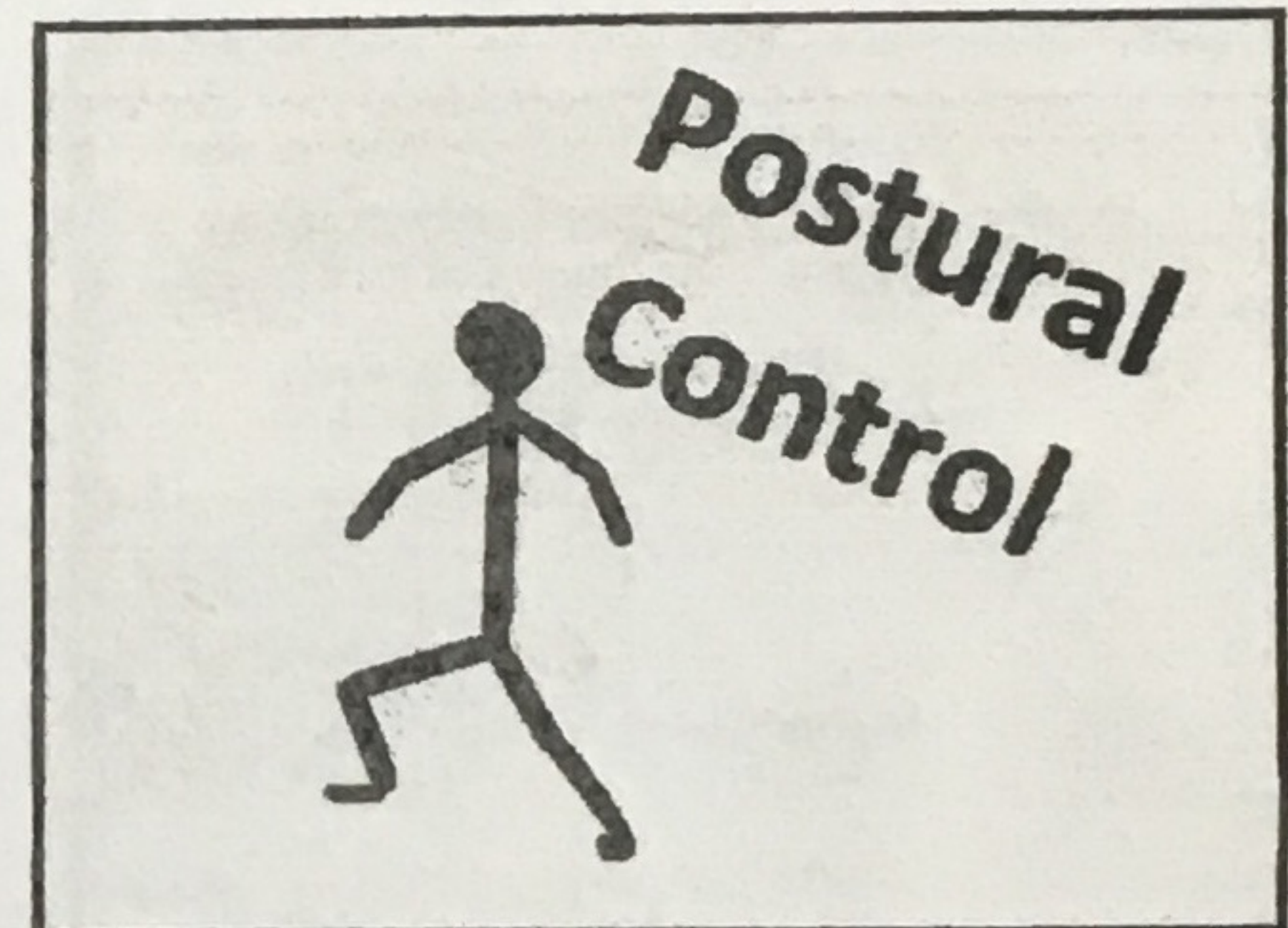


Training Drills | Training Skills
what % to each?

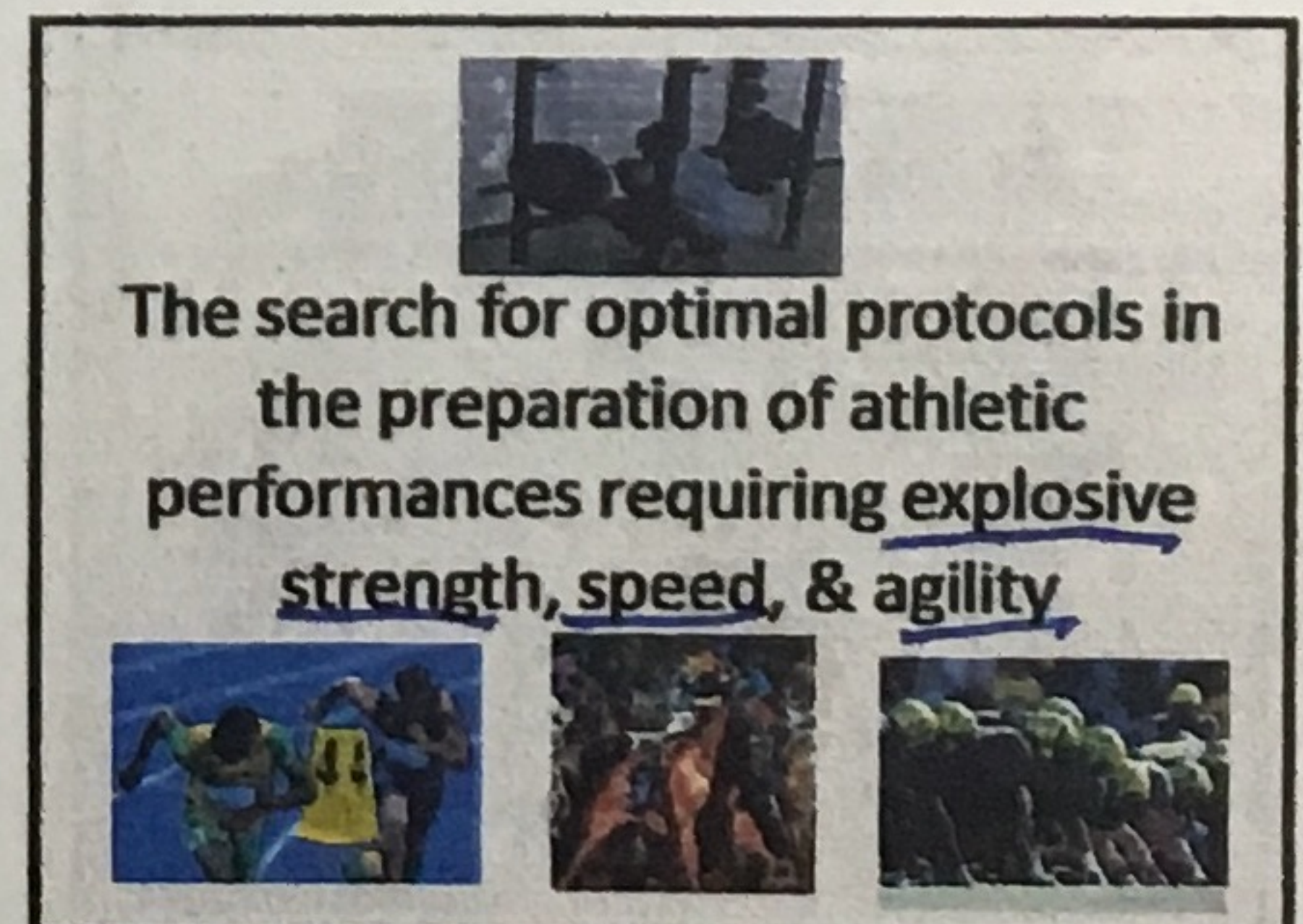
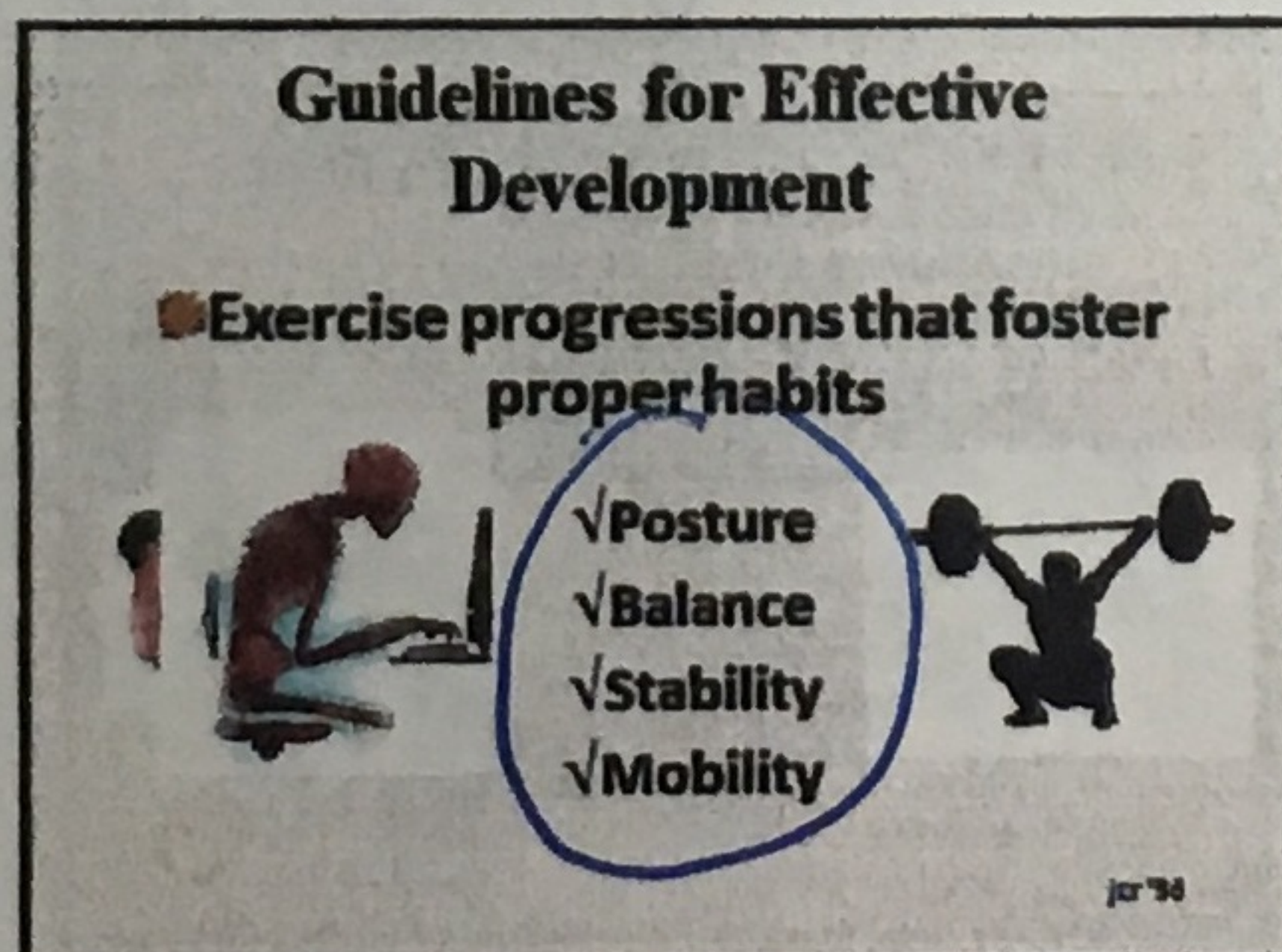
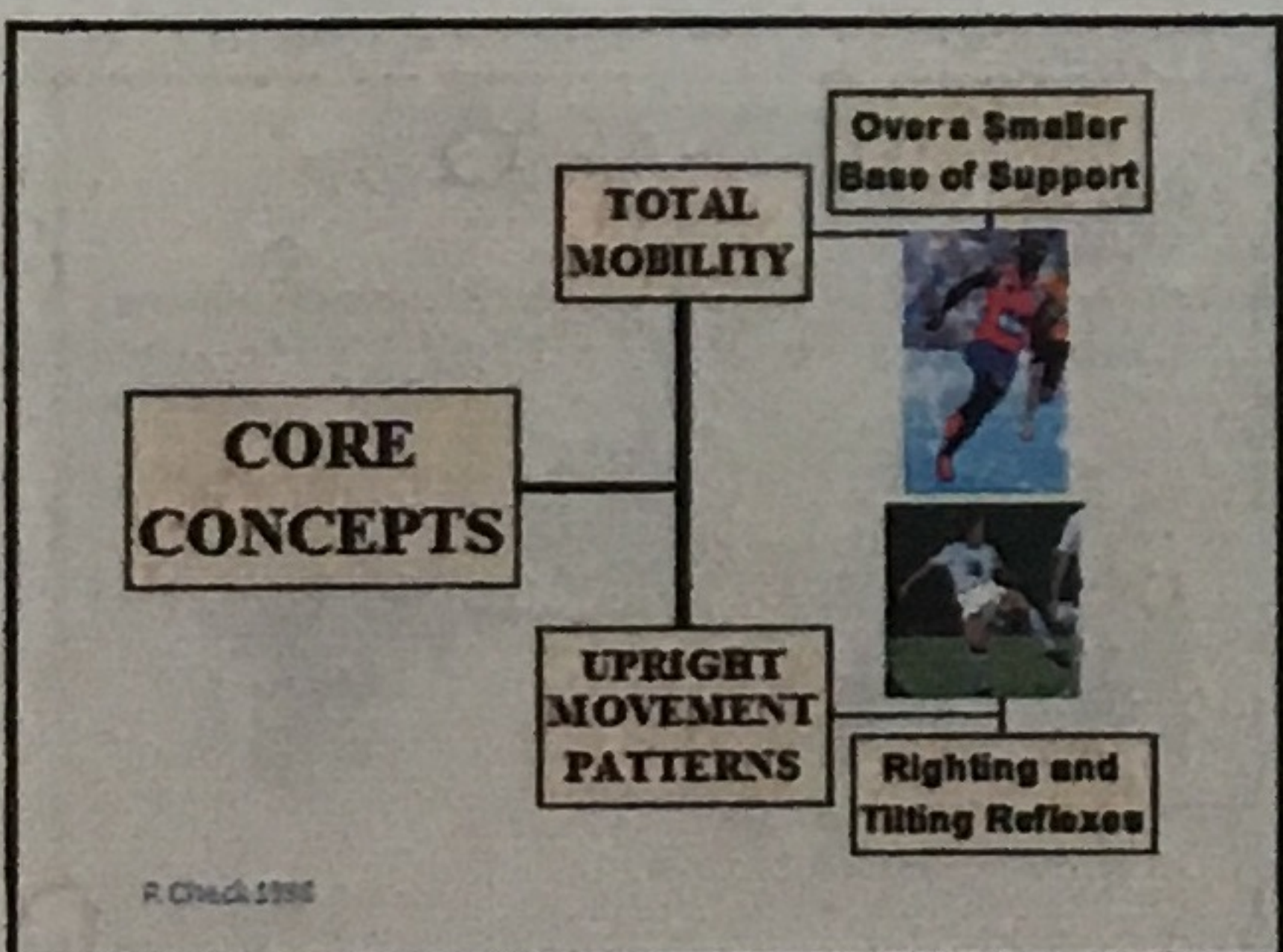


what is happening on the ground?

- what are we doing to help/hinder these two things?



Core strength aspect is key



* faster these things; don't kill them