

# GAMESPEED

athletic performance training

## In This Issue

- Article: *Off Season training the best opportunity to make improvements.*
- *Beginning weight lifting class. (Pleasanton)*
- *Intro to Olympic Lifts class. (Pleasanton)*
- *All Sports Conditioning. (Pleasanton)*
- *Football Speed & Agility Class (Brentwood)*
- *Youth Speed Skills (Brentwood)*
- *Private Football Skills Training (Brentwood)*

### LOCATIONS

Gamespeed Pleasanton  
7073 Commerce Circle, Suite A  
Pleasanton, CA 94588

Delta Valley Athletic Club  
120 Guthrie Ln  
Brentwood, CA 94513

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## Performance Training in July



## Off Season Training The Best Opportunity to Make Improvements

By Aaron Thigpen, Gamespeed

Are you off -season? What are you going to do? Some schools have programs, some good and some just making sure you're not sitting on your butt playing video games.

No matter which your involved in ask yourself one question; "is it going to make me better for the coming season or am I going to staying at the same level?"

Most experts will agree, the off- season is where most of your improvements both physically and skill wise are made. If you do not use the time wisely in the off -season you sure won't have the time to do it in-season.

### **Here are some of the benefits of off-season training:**

- *Learning and Honing Skills*
- *Improved Conditioning & Strength*
- *Rehabbing or Reducing Injuries*

Make the most of your off season. If you're serious about getting better, here's some suggestions on how you should plan during this time.

- 1. Attend a camp or clinic.**

Going to a camp or clinic will provide you with more information concerning your sport. It can also introduce new techniques and ideas for training. You can then experiment with those methods and learn them before the competitive season. If you can't afford to go to a camp find a reputable book or video to review.

**2. Try to arrange some one on one time with a professional or experienced coach.**

This is perfect for identifying mistakes, getting questions answered and experimenting with new training techniques. By having a fresh pair of eyes evaluating you something may come to light. A coach, upper-classman, college athlete, or professional trainer would-be an excellent source of information.

**3. Establish a workout and set goals.**

A couple to a few months is enough time to make a significant changes in your abilities if you plan correctly. Start by identifying just 1-2 areas you want to improve and devise workouts that will address those areas. Don't make the mistake of trying to change too many things at once.

**When devising a training program it should have the following components:**

Initial Testing or Evaluation: If possible measure your performance; it could be timing a 40yd dash, measuring vertical jump, or ability to hit a ball opposite direction. Make some kind of test and time or measure it.

**Conditioning phase**

This phase is characterized by exercising through running and/or weight conditioning. Make it with your goal in mind. It doesn't have to address every muscle group just those involved in improving a particular performance. For example: A basketball player may want to improve vertical leap and explosiveness. So his workouts may predominantly focus on lower body weight lifting or resistance workouts.

**Skills/Technique phase:**

This phase involves learning how to do things the way they're supposed to be done. This is where you break down the movements and rehearse them. This is when you can use the eye of a coach or professional to teach you the proper movements. A pitcher may want to learn a new pitch or mechanics.

**Progression Testing or Evaluation Phase:**

This happens at the end of the your off season training schedule. Perform the exact same test as performed at the beginning of your training schedule and see what your improvement is. Keep in mind, improvement comes in a variety of forms, it can be measurable such as a time, a new learned skill, consistency, or certain skills become easier. These are all indicators that you have improved.

**Performance Phase:**

Here it's putting it all together, passing leagues, scrimmages, summer tournaments, pick up games, time trials are all good ways to see how you do in a competitive scenario. A competitive atmosphere that isn't totally high pressure but where you get a good simulation to hone the skills and physical development under fire brings it all together.

The off-season is definitely a time to tone things down but don't let it be an opportunity lost. If you do it properly you'll love the results once your season begins and be a champion on the field. Or you can be a "couch" champion on the video circuit.



### **Pleasanton Beginning Weight Lifting Class**

A solid understanding and respect for weight lifting is essential for today's athlete. This program is designed to introduce athletes to the basic principles of free weight lifting. The class will cover:

1. Proper lifting technique for barbell & dumb bell exercises.
2. Safe lifting practices; spotters, equipment, self limits.
3. Free weight Instruction
4. How to design a basic program.

Dates: Saturdays July 10, 17, 24, 31st.

Time: 10:00-11:00 a.m.

Cost: \$125 full session; \$35 daily rate

Where: Gamespeed, Pleasanton

### **Pleasanton Intro to Basic Olympic Lifts Class**

Olympics lifts are powerful and useful if done correctly, if not they can be a disaster resulting in serious injury. The danger is most school programs rush through or teach improper technique. This program is designed to

methodically and safely teach athletes proper lifting technique. The class will cover:

1. Proper lifting technique for: Squat, Clean and Jerk.
2. Safe lifting practices; spotters, equipment, self limits.

\*Lifting gloves are suggested.

Dates: Saturdays July 10, 17, 24, 31st.

Time: 11:00-12:00 noon.

Cost: \$125 full session; \$35 daily rate

Where: Gamespeed, Pleasanton

**Pleasanton  
All Sports Conditioning Program I (Ages 9-13)**

This program is designed for youth athletes. Its purpose is to build and improve solid athletic skills in speed, power and agility. Not just working out, but "training."

Athletes from any sport will benefit from advanced resistance training, explosive movements, balance, coordination and improved anaerobic abilities.

Dates: Saturdays July 10, 17, 24, 31st.

Time: 9:00-10:00 a.m.

Cost: \$125 full session; \$35 daily rate

Where: Gamespeed, Pleasanton

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**Brentwood/Oakley  
Football Speed & Agility Program  
(Youth & High school)**

Four exciting Saturdays of the best methods to develop speed, power and athletic movement to build the optimal football athlete. Drills, one on one reps, all designed with one goal in mind to get you ready for the season. The training is done in a small group so everyone gets the right attention. Bring your cleats and your ball!

Dates: July 10th, 17th, 24th, 31st.

Cost: \$125 all four days or \$35 per session

When: Saturdays

Time: 9am-10:15am (High school)

10:30am - 11:45am (Youth)

Where: Freedom Park Basin

### **Brentwood/Oakley Specialty Football Instruction**

This summer, we are offering a variety of one-on-one private instruction for athletes. These 60-minute skills classes focus on the following:

- Blocking, Tackling, Stances, Catching
- Football smarts
- Running Backs, Defensive Backs, Linebackers, Quarterbacks, Wide receivers.

Time: Flexible schedule, Monday through Saturday

Cost: \$45 per session, 4-pack for \$165

Where: Gamespeed Brentwood

Small Private Groups can be arranged.

### **Brentwood/Oakley Youth Speed Skills**

The Youth Speed Skills class is designed to improve athletic speed and multi-directional movement skills for athletes in all sports.

- Running Mechanics & Form
- Short Burst Acceleration
- First Step Explosiveness

Cost: \$25 per session or 4 for \$95

When: Monday and Wednesdays

Time: 10:15am - 11:15am

Where: Delta Valley Athletic Club