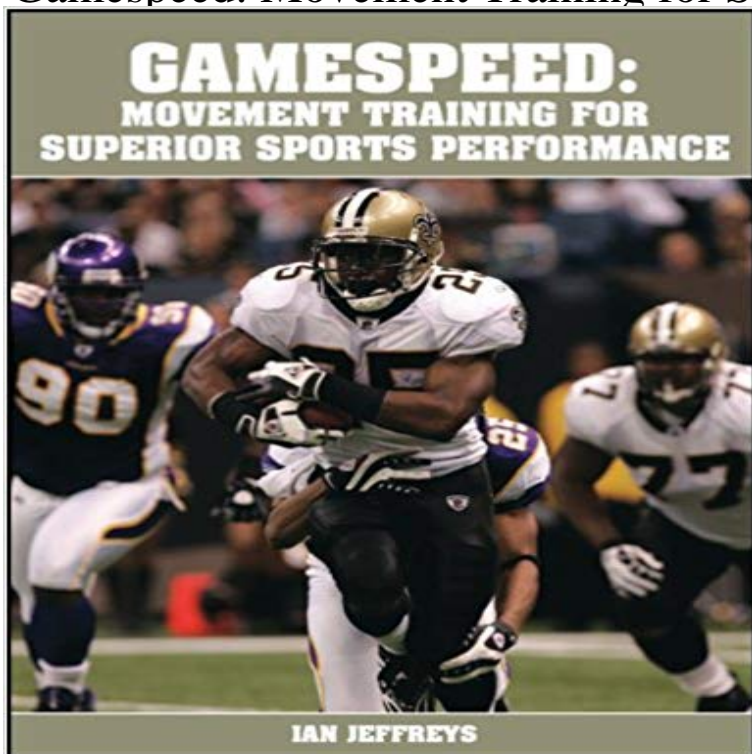


## Gamespeed: Movement Training for Superior Sports Performance



The soccer striker accelerating through a gap to score the winning goal; a running back spotting a gap, making a great cut, and then bursting through the secondary to the end zone; the basketball forward driving to the basket for the go-ahead points; the baseball player stealing first base. These types of plays provide the highlights of sport, and are the elements that athletes and coaches value so highly. All of these examples demonstrate the application of running speed, not as an end in itself, but instead as a critical element of superior sports performance the essence of gamespeed. The gamespeed system provides coaches and athletes with a method that directly enhances speed and agility, but more importantly develops these skills in a manner that can be applied directly to superior sports performance. Using unique target classifications, the first sports movement is broken down into distinct patterns, which are then sequentially developed using scientific principles enabling the athlete to move with speed, agility, and control in game-specific situations. Athletes following the system will give themselves a clear advantage in developing electrifying gamespeed and taking their performance to another level.

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