



# Sports Performance Workshop

Help your clients improve athletic ability

As more clients chase performance-related goals, they are looking to health and fitness professionals for guidance. Using the ACE Integrated Fitness Training® (ACE IFT®) Model, you'll discover a systematic, practical and scientifically-backed method for helping your clients improve speed, agility and power so they can reach their athletic goals safely and effectively.

## You will learn:

- To use the ACE IFT® Model to develop sports performance programs
- To conduct a thorough needs assessment, and use it to design sports performance programming
- To design drills, exercises and movement patterns that address skill-related parameters of fitness (balance, agility, coordination, speed, reactivity and power), appropriate to each participant's skill and conditioning level
- To demonstrate and instruct a variety of drills, exercises and movement patterns for all ability levels
- Recovery strategies for optimal athletic performance

**CLASS SIZE IS LIMITED! Register today at [ACEfitness.org/SPworkshop](https://ACEfitness.org/SPworkshop)**

**Next workshop:**