

GABRIELE

FITNESS & PERFORMANCE



The 3 Biggest Mistakes in Training for Sports!

1. Starting too late!

Over the last couple days we have been bombarded by calls from panicked parents that want to get their kids into train for their upcoming sport. The problem is that their season is only a few weeks away leaving us little time to make any drastic changes to help them perform at their peak. Starting a training program a few weeks away is like doing your Christmas shopping on December 24th. You accomplish the task but it was rushed and the things you really wanted were not available. Training needs to be a 10-15 week period to reap the benefits of improved speed, agility, strength and endurance. There are no short cuts or magic 2 week programs, just hard work and dedication to the entire off season!

2. Not focusing on your specific sport skill (Hitting, Shooting, Dribbling, etc.)

We make our living helping athletes move better, move faster, move stronger and move longer. However we do not practice the exact skills that athletes will need to perform during their sport. Baseball players should be in the cages,

lacrosse players should be shooting, Linemen should be working on specific footwork patterns, basketball players should be playing basketball, etc. Along with lifting weights, sprinting and conditioning athletes need to master their specific craft.

3.Training alone

All HS sports have teams. Some are individual sports where you are competing alone like wrestling or tennis but you are still part of a team. Preparing should be no different. It is optimal to train with your teammates but we have also seen great results with athletes who will be competing against one another thrive when they trained together. The bottom line is training in a group helps keep you motivated, pushes you to do more and provides a competitive atmosphere that will transfer to competition.

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