



Cutting-edge football training to maximize improvements in athletic performance



CATZ FASTER 40 FOOTBALL TRAINING BENEFITS

- Improve first-step power and quickness to explode off the snap.
- Maximize "football strength" to dominate each position battle.
- Improve linear speed to breakaway from a defender or close on the ball carrier.
- Develop multi-directional speed and acceleration to gain separation from your opponent.
- Develop explosive strength and speed to take the ball through the line and then outrun the secondary.
- Improve conditioning to play through the fourth quarter and beyond, even in the heat of summer.
- Decrease your likelihood of non-contact ACL injury.

PROVEN RESULTS

- ★ DOMINATE THE LINE
- ★ ATTACK YOUR OPPONENT
- ★ WIN THE 4th QUARTER

CATZ FASTER 40 COMBINE TRAINING

The goal of CATZ Faster 40 Technique Training program is to improve combine results by learning and practicing the proper techniques for specific combine events such as:

- ★ 40 Yard Dash
- ★ Pro-Agility
- ★ 5-10-5
- ★ L-Drill
- ★ Training is personal one on one customized to your individual needs

WHO BENEFITS FROM TRAINING FOR A COMBINE

- Rising freshman, sophomores & juniors with high school and college football goals.
- Graduating seniors gearing up for college level competition
- Current college players preparing for the fall season

AVAILABLE PROGRAMS

- 8, 16, 24 Packages of CATZ Faster 40 Football Training
- 8 One on one combine technique sessions
- FREE CATZ EVALUATION
- FREE use of Olympic weights during "Open Hours"
- Nutrition Programs Available
- SPARQ RATING AVAILABLE

"All four of my children compete in either Professional, College, or High School athletics, they are constantly looking for something extra to take them to the next level. They found it at CATZ! The cutting-edge training method CATZ uses improves not only their physical abilities but their mental toughness as well!"

-Bucky Godbolt,
Former University of Texas Assistant Football Coach

Contact us

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