

**POWER:** *Product of strength and speed. The ability to apply maximal force in the shortest time possible.*

**SPEED:** *The ability to move a given distance in the shortest possible time.*

**FUNCTIONAL TRAINING:** *To train in a way that closely simulates the activity you want to perform.*

**PLOYMETRICS:** *Jumping drills and/or medicine ball drills aimed at linking strength with speed of movement to produce power.*