

More Great Services



- * Baseball
- * Softball
- * Basketball
- * Lacrosse
- * Football

Private Instruction



Summer Camps and Day Camps

Parties and Special Events



**ATLANTA'S
BEST
TRAINING
FACILITY!**

Buckhead

2345 Adams Drive
Atlanta, GA 30318
404-355-9700

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www.topdogsports.com



Making Young Athletes Better[®]

Sports Performance Training

We Make Young Athletes Faster, Stronger,
More Agile, More Explosive, and More Self
Confident. We Make Them Better!



TOP DOG SPORTS PERFORMANCE TRAINING

TRAINING PROGRAMS

Program placement based on age and ability

Rookie

Our entry level program, with an emphasis on basic footwork, motor skill development, running form and bodyweight strength movements. Lots of repetitions to form proper habits and mechanics. Fun, positive environment to foster confidence and enjoyment.

Advanced

This is our intermediate program, with a continued emphasis on refining proper form and mechanics. We will also introduce various skill combinations and explosive movements as well as sport-specific and reaction-focused drills and activities.

Select

At this level our athletes work at a faster pace, with a focus on more advanced skill combinations and more complex linear, multi-directional and reaction based drills and activities. We also introduce weight training with an emphasis on proper form and mechanics.

Elite

Our Elite program is fast paced, high intensity performance training with a high expectation for achievement beyond the program core. Stronger emphasis on strength training and Olympic lifts.

Adult Fitness

Whether you're looking to lose a few pounds or training for a triathlon, our Adult Fitness program is an exciting alternative to boot camps or health clubs. Small group classes with personal trainer attention creates a fun but challenging workout environment.

GUARANTEED RESULTS!

INCREASE

SPEED
AGILITY
FLEXIBILITY
STRENGTH
EXPLOSIVENESS
FOOTWORK
RUNNING FORM
OVERALL FITNESS
SELF-CONFIDENCE

Our Clients Love Top Dog Sports!

As parents, we could not be more thrilled. We truly believe the time we spend at Top Dog Sports has built his skills, confidence, and self esteem that have carried him to perform better on the field and in the classroom." - Nicole and Phil B.

Top Dog is an environment where excitement, thrill and positive self esteem can be built. We find the staff to be highly engaging, motivating, and knowledgeable." - John S.

www.topdogsports.com

The TOP DOG Difference

Positive environment. Our coaches ensure that in addition to learning and improving, our athletes have fun and gain self-confidence.

Experienced and qualified coaches. Our coaches are former elite level professional or college athletes who also have degrees in Physical Education, Kinesiology or Sports Science.

Reaction, resistance and speed assisted training. These three components make up the core of our Sports Performance program. You will be amazed by the benefits of this philosophy.

Feedback and progress testing. To ensure that your young athlete is benefiting from the program, periodic testing for speed, strength, and agility is provided free of charge.

One-on-one instruction. Because our classes are small, our athletes receive individualized instruction and attention.

Repetition. By providing numerous and diverse opportunities for maximum repetitions, proper form and skill execution will develop in an appropriate, unforced manner.

Maximum effort. Your athlete will quickly understand the concept of hard work. Athletic ability differs among individuals, yet we work hard to ensure that each athlete reaches his/her full potential.

Analysis. Our program includes a video analysis component which allows our coaches to show as well as tell athletes how they are improving.

New and innovative. We are constantly developing new programs and training tools and we will always be at the forefront of athletic training techniques.

Community involvement. We take pride in our athletes and our community. Often seen at local sporting events and ball parks, our coaches and staff take time to see our athletes in action!

Exposure. For our elite high school athletes, we offer college sports recruiting services which provide exposure to college coaches across the country, greatly increasing the opportunities to play and compete at the collegiate level.

Buckhead 404-355-9700

Call to schedule a FREE trial session!