



7 Week - Soccer Specific Performance Training

Speed Training: In soccer, speed is essential on both sides of the ball. To get faster and more explosive, soccer players have to teach their body to move faster.

Strength Training: In soccer, it is harder to knock stronger players off the ball. A soccer specific weight-training program promotes balance/stability and also reduces the risk of injury. Players utilize resistance cords, free-weights, medicine balls, and physio balls to strengthen muscles, joints and connective tissues. These exercises are biomechanically specific to on-field skills including muscle movements used in shooting and passing.

Plyometric Training: Plyometric training is a form of lower-body explosive power training which will increase a soccer player's ability to jump higher, kick harder and increase on-field stability.

Agility & Balance Training: Soccer players change direction hundreds of times per game. In order to improve agility skills, Athletic Republic utilizes its patented Pylo-Floor. This is a cushioned wood surface with exclusive patterns and quick lock resistance cord hooks to maximize quickness and explosiveness while improving dynamic stability, essential for improving movement skills and overall athleticism.

Athlete Name: _____

Phone#: _____

Email Address: _____

Camp Fee

\$130/athlete

Make checks payable to

Velocity Sports Performance

Dates: October 27 - Dec. 15