

SOCCER GAME-SPEED CONDITIONING CLINIC



SATURDAY JAN 2ND 8AM-12NOON @ MEHL PARK

To become the very best you can be, in today's game, it is vital that you have pace. Soccer Game Speed training takes analysis, diagnosis and game application training. Get to the ball first → Break away from your marker → Execute that fast wall pass → Bring the ball under control instantly → Run onto that through ball → Get that block in. These are all aspects of game speed that can be developed through proper training. The craft of speed development encompasses more than just running, it must be scenario dependent, the requirements for players vary by position and competitive situation. Speed is used as a tool to achieve competitive dominance. Running, Hand- Eye, Foot-Eye, Reaction, Adjustments, Decision making, are all forms of speed. It goes well beyond, ladders, cones, parachutes and track drills. Passing Speed, First Movement, Redirection, Recovery are all examples of speed. One more step, one sooner step, if games are decided by inches and feet you better know how to get them. We will cover combinations of the following training components: Speed, Quickness & Acceleration → Explosive Power & Plyometrics → Agility & Movement → Core & Balance → Strength & Power Training → Vision & Hand-Eye Coordination & Quick Reaction.

COST: \$30 PER PLAYER OR \$50 FOR 2 FAMILY MEMBERS – MAIL CHECK TO RON FOX, 2825 N CONESTOGA, TUCSON AZ 85749 OR BRING IT TO THE FIELD ON SATURDAY

CALL RON 520-370-3837 FOR DETAILS OR EMAIL ROUTEONESOCCER@AOL.COM

.....
APPLICATION FORM

NAME _____ TEAM _____

ADDRESS _____ ZIP _____

EMAIL _____ PHONE _____ EMERGENCY _____

I _____, THE ABOVE PLAYER'S LEGAL PARENT/GUARDIAN UNDERSTAND THAT NEITHER RON FOX OR TSA ACCEPT ANY RESPONSIBILITY FOR ANY ILLNESS OR INJURY THAT MAY OCCUR DURING THIS CLINIC.

SIGNATURE

NAME

DATE