



Soccer-Specific Training

Ages: 8-18 years old

The main purpose of Soccer Performance Training is to improve coordination and automate movements. Agility and coordination are fundamental components of a successful soccer performance program and when utilized in interaction it will help optimize performance. Both components will contribute to fine motor development skills, which will improve dribbling skills and first step quickness. A combination of strength, power, speed, and agility training are all very important components when trying to obtain optimal performance as an athlete.

The sport of soccer requires strength, explosive power, speed & agility, aerobic and anaerobic cardiovascular training. Following these guidelines:

- **Dynamic Warm-up**- Prepares the body for the demands of workout or practice.
- **Proper Running Mechanics**- Running with proper biomechanics increases efficiency, speed, and prevents injury.
- **Speed**- Comprised of reaction time, acceleration, maximum speed and speed endurance.
- **Agility**- The ability to rapidly change directions without the loss of speed, balance, or body control.
- **Explosive Power**- Power training enables an athlete to apply the greatest amount of their maximal strength in the shortest period of time.
- **Footwork**- Ground contact of the feet absorbs ground reaction forces; which propel the body to a desired direction in a controlled manner.
- **Strength**- Exercises performed to correct athlete's posture and maintain correct movement technique for a longer period of time to become stronger, faster, and more explosive.
- **ACL Prevention/ Joint Stability**- neuromuscular and proprioceptive exercises added to the training regimen helping strengthen connective tissues can reduce the number of ACL injuries by two to four fold.
- **Core strength and stability**- Ability to develop body awareness and become more efficient with movements will help enhance overall performance and will aid in injury reduction.
- **Flexibility**- Combination of static and dynamic stretching increases the length of your muscles and tendons, which leads to an increase in your range of motion or movement. With increased range of motion your limbs and joints can move farther, limiting the chance of injuries such as muscle tears.



Athletes will be pre, mid, & post-tested in drills that will be used to evaluate a player's skill level. The Saints Sports Academy Soccer Performance program is designed to improve an athlete's on-field performance through proper technique and through a systematic training program.

Key tests/drills:

- Star Test
- 40 yard Test
- Vertical



Registration & Questions?
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