**SPORT SPECIFIC TRAINING – SOCCER PROGRAM**

**WHERE:**

In our new Fitness Center, located on the second floor of Sportsplex.

**WHAT:**

Sport Specific Training (also known as ‘Functional Training’) is a training program geared towards improving the most important physical components of your particular sport. Some examples of these fitness components are speed, power, strength, agility, balance, flexibility, aerobic capacity, and anaerobic capacity.

**WHO:**

Individual athletes, small groups, and entire teams can sign up for our program. The training sessions will be run by our Strength and Conditioning Coordinator, Don Herlan. Don is a certified Strength and Conditioning Coach with a Master’s degree in Exercise Physiology. He has also been coaching soccer at the college level for 20+ years.

**WHEN:**

Training sessions last for one hour, and time slots can be reserved from 5-10 pm, Monday thru Friday. On the weekends, you can reserve time from 8-11 am and 4-10 pm on both Saturday and Sunday.

**WHY:**

The goal of any strength and conditioning program is exactly the same for every athlete, in every sport - to play better. It’s that simple. And that is what we want for the athletes in our program. We want them to be more successful in their sport.

**HOW:**

Call us at Sportsplex at 716-694-8877 or contact Don at [donherlan@gmail.com](mailto:donherlan@gmail.com) He will be happy to discuss our training program with you in further detail.

**TRAINING SESSION DESCRIPTIONS**

**SPEED AND AGILITY**

* One-hour training sessions, supervised by our strength and conditioning staff. The first half and hour focuses on agility, speed work, and plyometrics, performed on artificial turf.
* The second half hour focuses on balance, core strength and body weight exercise, performed in the strength training area.
* The focus of this training session is on improving the player’s speed, acceleration, agility, balance, coordination, core strength, and running form.
* The training methods and tools include hurdles, speed ladders, plyometrics, resistance bands, and body weight exercises. This workout does not include heavy resistance training or training with weights.
* U10 thru U12 age groups are included in these workouts

**STRENGTH TRAINING**

* One-hour training sessions, supervised by our strength and conditioning staff.
* The first half and hour focuses on speed work, plyometrics, and explosive movements performed on artificial turf.
* The second half hour focuses on strength training, power training, core strength, and TRX training, performed in the strength training area.
* The focus is on improving strength and power in the upper and lower body as a means of improving speed, acceleration, and explosiveness.
* The goal of the program is to increase strength and power without decreasing flexibility and function, and without gaining unnecessary muscle mass.
* The training program is based solely on the demands of the sport, and the emphasis is on exercises that closely resemble the movements performed in the sport itself.
* A variety of training methods and tools are used. Hurdles, speed ladders, resistance bands, medicine balls, kettlebells, Plyo boxes, Bosu balls, and free weights are all part of the program.

**INDIVIDUAL PRICING AND TRAINING SCHEDULE:**

**PLAN #1:** 8 Week – 1 Hour Weekly Training Session (Speed & Agility **OR** Strength Program): **$95/Participant**

**PLAN #2:** 8 Week – TWO – 1 Hour Weekly Training Sessions (Speed & Agility **AND** Strength Program): **$160/Participant**

**Session 1:** January 2, 2017 – February 26, 2017

**Session 2:** February 27, 2017 – April 30, 2017

**\*If you wish to start training after a session has already begun, no problem. We will pro rate your cost based on how many workouts are remaining in the session.**

**To Sign Up**

**You can create your own schedule based on what works best for you. We are here to be flexible to your availability! Please contact Don at** [**donherlan@gmail.com**](mailto:donherlan@gmail.com) **to discuss the scheduling of your workouts and the specifics of our strength and conditioning programs.**