

Soccer Speed Training — Glastonbury Boys & Girls Ages 10 to 16

Maximize Athletic Performance

The greatest difference between average and elite soccer players is their ability to execute the skills of the game with speed. This specialized clinic focuses on improving the qualities of speed, agility and quickness through soccer specific drills and techniques used by the top collegiate and professional clubs around the world.

Ages 10 – 12

Sessions will emphasize rhythm and motor skill development for speed, agility and quickness. By establishing good rhythm of movement and a broad base of motor skills and speed techniques, young players will increase their athleticism and prepare themselves for optimal speed development during adolescence.

Ages 12 – 16

Sessions will focus on developing speed, agility and quickness through soccer specific drills using the latest training equipment and techniques. Research has shown that there is a “window of adaptability” for training speed during the adolescent years. These sessions emphasize quality work to maximize an athlete’s speed adaptability during this time.

Improving Speed of Play

Improving speed of play depends on more than just a player’s physical ability. Players must also be able to execute the skills of the game with speed. This clinic will focus on both maximizing athletic performance and teaching players how to integrate these qualities into their game to improve their speed of play.

Bob Wasserman,

Speed Training Program Director

Bob Wasserman has coached for the Oakwood Soccer Club for the past 15 years. He is a former professional player who brings a wealth of knowledge to the science of training soccer players. He is also a practicing Physical Therapist.

Denise Pantason,

ACL Injury Prevention Program Director

Denise Pantason has been an ACE certified Personal Trainer and Group Fitness Instructor for the past 8 years. As a former UConn All Big East and All New England runner, she combines her passion and knowledge of exercise and fitness training with the scientific understanding of how to improve biomechanics in young athletes.

ACL Injury Prevention Program Boys & Girls Ages 12 to 16

The risk of potentially devastating tears to the anterior cruciate ligament (ACL) of the knee, a common injury in soccer players, can be reduced by applying a program that can easily be incorporated into every athlete’s training routine.

Oakwood is committed to utilizing the most recent results published from studies done by FIFA and other orthopedic research foundations to develop programs for our athletes in order to prevent these types of devastating injuries. In the summer of 2000, the Journal of the American Academy of Orthopedic Surgeons published the findings of a study group convened to look at noncontact ACL injuries. They cited four categories of risk factors for these injuries: environmental, anatomic, hormonal, and biomechanical. Of these, only neuromuscular training programs were noted as showing potential to decrease ACL injuries.

Every athlete must be taught how to jump, land, cut and complete their athletic activity in a better position so that the knee is not placed in a position of risk for injury.

Oakwood’s ACL Injury Prevention program includes a warm-up, stretching, strengthening of common weak muscles in soccer players, agility exercises aimed to improve jumping, stopping, and turning techniques. In addition, there is focus on balance, muscle control, and core stability.

The program goal is to teach our athletes how to perform these exercises correctly, utilizing proper technique and body mechanics with the appropriate level of intensity.

According to FIFA, the 11+ exercises they have developed “has proven to cut injuries by up to half - if performed correctly and regularly. When it is adopted together with the values of fair play, it enables you, as a player or coach, to protect yourself, your team and your opponents and thus increase everyone’s enjoyment of the game.”

Each class will also include a foot skills segment emphasizing touch refinement for improved dribbling and passing technique.

The program is open to Boys & Girls ages 12-16.



40 Oakwood Drive

Glastonbury, CT 06033-2479

860-633-3689 • Fax: 860-633-6426

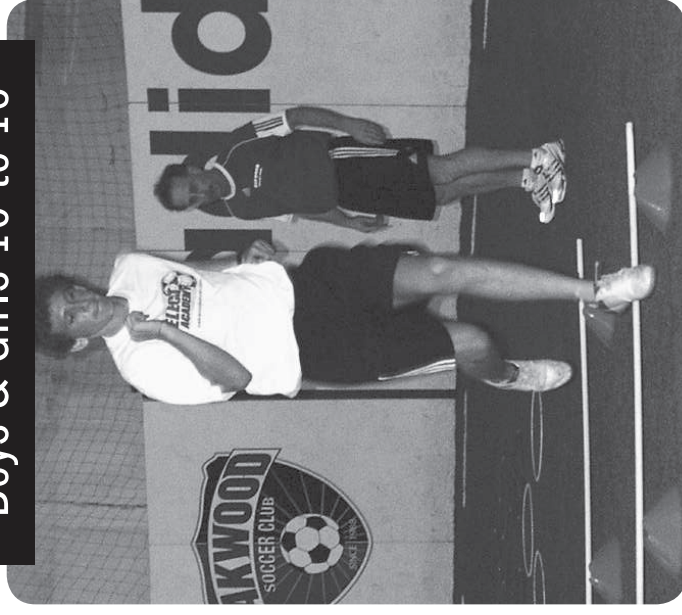
www.oakwoodsoccer.com



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