

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

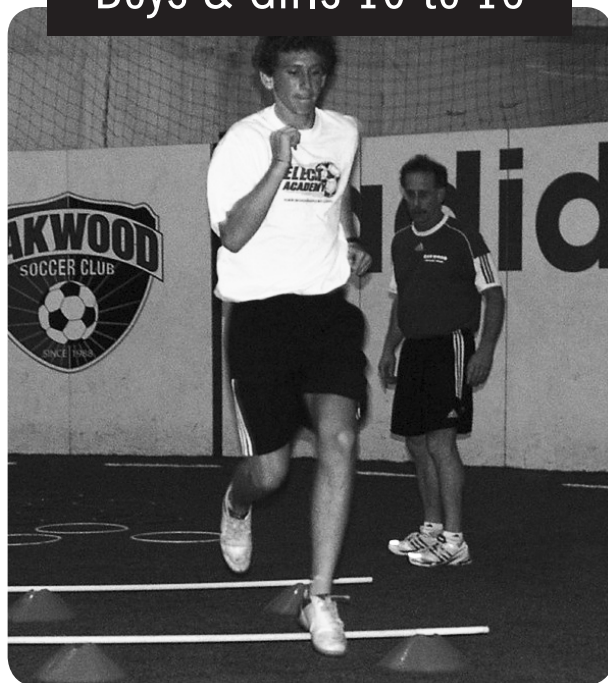
Bob Wasserman has coached for the Oakwood Soccer Club for the past 15 years. He is a former professional player who brings a wealth of knowledge to the science of training soccer players. He is also a practicing Physical Therapist.



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