

WHAT: Soccer Strength, Speed, Agility and Quickness starting in January For Century United Soccer Players.

WHERE and WHO: SFS Pleasant Hills, Irwin, and Elizabeth locations By Ed Wietholder and his SFS staff. Head to my website via the Century coach link http://www.centuryunited.org/Coach_Bios.html

Or directly <http://www.strengthfitnessandspeed.com/staff.htm>

COSTS: Each session would be a Century special rate of \$10 per session(45% discount) looking for a commitment to 20 sessions at 2 sessions per week. Sessions would need to be prepaid. 1st meeting would be the complete functional assessment. This carries a value of \$85. This would be free to Century United athletes with a commitment to training. This database would stay with them for the duration of their time with the club.

WHEN: The assessments and training will begin in January. Scheduling can be handled through Ed by a team rep or manager in conjunction with the team coach so we can avoid conflicts with team practices. It would be nice to bring the athletes to a peak at an appropriate time in their tournament schedule and with some creativity this can be accomplished. We start training at 3 PM during the week and 9 AM on the weekends.

GOALS OF THE PROGRAM: The sessions would be devoted to strength, speed, and reactive agility as they relate to each athlete. **Players would train in groups of 6-8 athletes per coach. We can mix players from different teams if needed.**

Sessions would target soccer specific needs but more importantly would target each athlete's weaknesses. This would include reducing the instances of overuse injury and injuries arising out of muscle imbalances. We would be interested in developing the athlete's ability to get through the game, but more importantly having an impact on the game itself by developing explosive athletic movement.

Here's a sample from the last testing we did with one of the Century players from Coach Shevitz's team. Bigger than normal gains but reflective of his team.

| | Pre | Post |
|---------------|------|------|
| 10 Yard Dash | 1.86 | 1.49 |
| Vertical leap | 18 | 22 |
| Pro Shuttle | 4.7 | 4.3 |
| 6 Broad Jump | 44 | 48.5 |

WHAT DO THE TESTS MEAN?

These tests are hand timed and subject to some inaccuracy. Laser timed events generally add .2 to .4 seconds to the event. Surface also plays a factor.

Vertical Leap: Assessment for vertical leg power. The is most difficult attribute to improve especially when athletes are growing and are gaining weight. More poundage to get off of the ground. Average 8 week gain is approximately .5 to 1 inch or so for beginning athletes.

10 yard dash: Measures acceleration and is subject to some inaccuracy when hand timed. Average 8

week gains for beginners are around .03 to .06 seconds.

6 broad jump test: Assessment for horizontal power. Again weight gain plays a large factor. Average 8 week gains are around 1 to 2 feet or so over the 6 jumps for beginning athletes.

Pro agility: Measures agility. We believe this is one of the best indicators of athleticism. Average 8 week gains for beginners are around .1 to .15 seconds or so.

Average gains are subject to training age(how much training experience the athlete has),genetics and state of recovery of the athlete.

WE ARE RESULTS DRIVEN AND THAT IS THE BOTTOM LINE. YOU ARE NOT ALWAYS GOING TO LOVE US BUT YOU WILL LOVE THE RESULTS.

PLEASE CONTACT ME TO GET THINGS STARTED. THANK YOU!

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