



## **SUMMER PREP PROGRAM**

### **Summer High School/College Prep Program**

**Combine soccer skills, conditioning, strength, speed and agility all in one program to get you ready for your high school or college soccer season.**

GameTime has the program for you! The summer high school/college prep program is designed for serious soccer players looking to gain a competitive edge going into the fall high school or college soccer season. An intense 8 week program like no other – it is specific to the needs of competitive soccer players.

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**Schedule for the Summer High School/College Prep Program is as follows:**

#### **Monday**

9:00-10:00am - Strength

10:00-11:00am - Soccer Individual Skills Training

#### **Tuesday**

9:00-10:00am – Speed & Agility

10:00-11:00am – Soccergility

#### **Wednesday**

9:00-10:00am - Strength

10:00-11:00am – Finishing/Striking Soccer Session

#### **Thursday**

9:00-10:00am – Speed & Agility

10:00-11:00am – Conditioning Test

#### **Friday**

9:00-10:00am – Strength

10:00-11:00am – Recovery/Flexibility Session

### **Speed & Agility**

Program that focuses on soccer specific quickness, lateral movement, change of direction, and linear speed.

### **Strength Training**

Bring in your off season strength training book, and we will push you through those workouts to make sure you maximize results, as well as teach you the technique of each exercise.

### **Socccerility**

Combination of high intensity exercises with soccer skills, all set to fast-paced music to keep you into the workout. Get soccer fit, increase your speed, agility, fitness, and soccer skills all in one super challenging workout.

### **Soccer Skills Training**

Individual skills training by some of the best trainers in the area. Feel of the ball, moves, 1st touch, passing and receiving, as well as striking the ball and finishing.

### **Conditioning**

Fitness work to prepare each athlete for the various conditioning tests required by the high school and college programs. The goal is to get you in the best shape of your life. Beep test, cooper, etc... we prepare you for any testing your coach will throw at you in the fall.

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Starts **Monday, June 5** and continues through **Friday, July 28**; 8 week session.

All sessions are at GameTime Training Center. Cost is **\$199 per person**, includes all described above. Groups of 10 or more, contact us for discounted price. We can also set up Prep programs for teams at a discounted price.

**For those college players that would like to start sooner, please contact us and we will design a personal program for you.**

**\*\*\*Limited number of spots available, so register ASAP\*\*\***

### **Summer Soccer High School/College Prep Registration**

Name  
Address  
City, State, Zip  
Phone  
Email

DOB  
Male/Female  
Age  
Team  
T-shirt size

**Please send registrations to Summer Soccer High School/College Prep Program - 530C Quality Blvd. Fairfield, Ohio 45014.**

\*\*\*Make checks payable to GameTime Training Center, credit cards accepted.

For specific questions, email: [info@GameTimeTrainingCenter.com](mailto:info@GameTimeTrainingCenter.com) or 513-460-9292.