



**Combine soccer skills, conditioning, strength, and agility all in one program to get you ready for your spring soccer season.**

GameTime has the program for you! **The summer prep program** is designed for soccer players looking to gain a competitive edge going into the fall soccer season. An intense 6-week program like no other, that is specific to the needs of competitive soccer players.

**Each player can come to unlimited number of sessions, in any combination, allowing you to personalize the program specific to your player's needs.**

Schedule for the summer prep program is as follows:

Monday

5:30-6:30pm - Ages 8 to 11 Soccer Skills

6:30-7:30pm - Ages 12 to 14 Soccer Skills

7:30-8:30pm - Speed & Agility (all ages)

Tuesday

7:30-8:30pm – Soccergility (all ages)

Wednesday

5:30-6:30pm - Ages 8 to 11 Soccer Moves/Beating an opponent

6:30-7:30pm - Ages 12 to 14 Soccer Moves/Beating an opponent

7:30-8:30pm - Speed & Agility (all ages)

Thursday

5:30-6:30pm - Ages 8 to 11 Soccer Finishing

6:30-7:30pm - Ages 12 to 14 Soccer Finishing

7:30-8:30pm – Speed & Agility (all ages)

### **Speed & Agility -**

A combination of plyometrics, agility, and soccer game like situations to get your player quicker and faster. **Plyometrics** to increase muscular power and explosiveness. The end result is increased vertical jump performance, muscle strength and joint protection. **Agility** to educate athletes on how best to align their bodies in game specific movement patterns. We then practice those patterns in a pre-defined, planned sequence. This allows the athlete to practice movements and commit them to muscle memory. The movements can then be applied to game situations and allow for optimal results.

We then allow your soccer player to apply their new skills in a '**close to game-like**' situation. The athlete must read and react to the movements of an opponent and will need to apply their new knowledge and skills in a game-like situation.

**Soccer Skills Training** - individual skills training by some of the best trainers in the area. Feel of the ball, moves, 1st touch, passing & receiving, as well as striking the ball and finishing.

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

\*Starts Monday June 12 and continues through Thursday July 20 (taking July 4 off).

\*All sessions are at GameTime Training Center.

\*Cost is \$169 per person, includes all described above, plus t shirt.

\*Groups of 8 or more that register together, receive a \$30 discount per person. Club and team discounts are available.

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

### Summer Prep Program Registration

Name  
Address  
City, State, Zip  
Phone  
Email

DOB  
Male/Female  
Age  
Team  
T shirt size

Please send registrations to Summer 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 call 513-460-9292