

## Soccer Performance Training Methodology

We have three major goals within this program:

1. Injury Prevention
2. Improve Performance
3. College Preparation

### Challenges

One of the most important components to implementing a successful performance training program is the consistency of the athletes. We progress and build off of each week. When an athlete misses a week they fall behind in our progressions, and are more likely to experience soreness.

- Attendance
- Coach's Support

### How We Train

Each week we address a different Movement focus: speed, shuffling, cutting, decelerating, etc. The Plyometrics always complement our Movement, and are formatted with progressions throughout the season. The Power/Strength components will focus on similar exercises throughout the season, but will taper in order to maximize performance at important times of the season.

Below is a typical approach to a training session:

1. Core / Corrective
2. Dynamic Flexibility / Dynamic Movement
3. Plyometrics
4. Movement Skill
5. Movement Drill / Conditioning
6. Power
7. Strength