



Soccer Performance Training

Training will improve athletes overall athletic ability including:

- **Increased Quickness and Change of Direction** – Blow past defenders
- **Decreased Risk of Injury (ACL Tears)** – Increase functional strength and stability to minimize on-field injuries
- **Improved Fitness and Conditioning** – Maintain speed and quickness for duration of the entire match
- **Improved Speed and Explosiveness** – Be first to the ball
- **Increased Strength and Power** – Strong in the air, win every tackle, and improve ball striking power
- **Improve Flexibility** – Injury prevention and maximize strength/power



www.asap-pt.com
(661) 993-4823