



PRESENTS

“SPEED, AGILITY & QUICKNESS FOR SOCCER”

SUMMER FITNESS PROGRAM FOR PLAYERS AGES 7-14

(TEAM & SMALL-GROUP PROGRAMS ALSO AVAILABLE)

Mondays & Wednesdays 5:30—7:00 pm

July 6 -- August 8, 2016

Cedar Drive Middle School, Colts Neck

PROGRAM FEE: \$100.00

Train like the pros! Tom DeNigris, a NESTA-Certified “Speed, Agility & Quickness” trainer will conduct a SPEED, AGILITY & QUICKNESS (SAQ) For Soccer training program for players ages 7-14, in coordination with the Colts Neck Township Park and Recreation Department. Training will take place on Mondays and Wednesdays, beginning July 6, from 5:30—7:00 p.m., on the soccer fields behind Cedar Drive Middle School.

Fee for the 10-Session Program is \$100.00.

Participants will learn about such SAQ Concepts as Proper Running Mechanics, cutting and turning, starting and accelerating to top speed, decelerating and stopping. Drills to improve balance and coordination, flexibility and strength will be included. Players will learn to play faster both with and without the ball. SAQ With the Ball training will include learning 1- and 2-touch play, 3- and 4-Player passing combinations, Attacking in the 1v1, “QuickFeet” dribbling drills, and more!

Program Co-Director is Art Collier, Boys Soccer Coach at Colts Neck High School, and TSFT Technical Director.

Special programs for teams and small-groups (5 or more players) are available. Contact the Camp Directors for more information.

Dates of Sessions: July 6, 11, 13, 18, 20, 25, 27; August 1, 3, 8.

PLAYER _____ AGE _____

HOME ADDRESS _____

TOWN _____ STATE _____ ZIP CODE _____

HOME PHONE _____ CELL PHONE _____

E-MAIL ADDRESS _____

FOR MORE INFORMATION

Call: 732-252-6436 or E-Mail: totalsoccerft@earthlink.net

Make Checks Payable to: Total Soccer Fitness & Training

Mail to: SAQ4Soccer, 4 Pheasant Road, Colts Neck, NJ 07722