

732-977-4829

www.totalsoccerft.com

highschoolselect@earthlink.net

4 Pheasant Rd., Colts Neck, NJ 07722



Tom DeNigris
Owner & Director
Art Collier
Technical Director

“HIGH SCHOOL SELECT”

SUMMER SOCCER FITNESS PROGRAM

Tuesdays & Thursdays 5:30–7:30 pm

June 27 -- August 10, 2017

Cedar Drive Middle School, Colts Neck

PROGRAM FEE: \$225.00

The 12th annual “**High School Select**” **Summer Soccer Fitness Program**, to be conducted by TSFT Owner & Director Tom DeNigris, gets under way June 27, 2017, and will run through August 10, on the soccer fields at Cedar Drive Middle School in Colts Neck. Training will be conducted twice a week, on Tuesdays & Thursdays, from 5:30–7:30 pm. The program is open to players entering Grades 8 through 12 (as of September 2017) and is designed to get players prepared for the Fall School Soccer Season as the emphasis of the program is Speed, Agility & Quickness both with and without the ball. Co-Director of the program will be TSFT Technical Director Art Collier, Boys’ Varsity Coach at Colts Neck High School. The Coaching Staff will feature several current and former members of Tom DeNigris’ teams as well as the return to the program of Rutgers University standout Amanda Visco.

Dates of sessions are: June 27, 29; July 6, 11, 13, 18, 20, 25, 27; and August 1, 3, 8, and 10.

TRAINING WILL BE CENTERED ON THE MAIN PILLARS OF SOCCER

- (1) **Technical** — There will be a specific theme in every “Technical Phase” with drills progressing from passive (no defenders, low pressure) to active (defenders, high pressure) highlighted by fast-footwork with the ball and 1- and 2-touch passing & receiving.
- (2) **Tactical** -- concepts such as attacking and defending principles will be the focus here. Small-Group/Small-Sided games will be the featured teaching tool in every “Tactical Phase”. Here, too, there will be a specific tactical theme, with progressive games taking players from the 1v1 “Competitive Cauldron” to 2v2, 3v3 and 4v4; “Numbers-Up vs. Numbers-Down” situations -- 2v1, 3v2, 5v3, 7/8 v 2/3 -- will also be used. In addition, there will be work on set pieces -- corner kicks, goal kicks, direct & indirect kicks. Many of the tactical phases will conclude with full-field, 2-team scrimmages. Other concepts such as speed of play, set-piece play, and width vs. compactness will be covered. Main theme of our Tactical Phase is “Speed of Play”.
- (3) **Physical** -- this will be the main theme throughout the program. Speed, Agility & Quickness drills (with & without the ball) will be conducted by Co-Director Tom DeNigris, a NESTA-Certified Speed, Agility & Quickness trainer. Players will learn proper running mechanics to help improve their speed at various sprint distances (such as 10 yards, 40 yards, etc.) as well as in different types of agility-testing shuttle runs (40 yards, 60 yards, 300 yards). Other SAQ drills will help players develop their Aerobic and Anaerobic Endurance levels, all in preparation for the upcoming school season. In addition, games will focus attention on playing with speed. All sessions will begin with a proper warmup highlighted by a Dynamic Movement & Stretching Routine. Every session will also include a Strength & Conditioning phase, which will help build up the upper body, lower body and the core.

FOR MORE INFORMATION
E-Mail: highschoolselect@earthlink.net