



“SPEED, AGILITY & QUICKNESS FOR SOCCER”

SUMMER FITNESS PROGRAM FOR PLAYERS AGES 7-14

Wednesdays 5:30—7:00 pm / June 28 -- August 9, 2017

Cedar Drive Middle School, Colts Neck

PROGRAM FEES:

\$100.00 (INDIVIDUAL)

\$80.00 (PER PLAYER FOR GROUPS OF 4-6)

\$70.00 (PER PLAYER FOR TEAMS, 7 OR MORE PLAYERS)

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. Training will take place on Wednesdays, beginning June 28, from 5:30—7:00 p.m., on the soccer fields behind Cedar Drive Middle School, Colts Neck. Fee for the 6-Session Program is \$100.00. Special rates for teams and small-groups (4 or more players) are available — \$80.00 per player for groups of 4-6 and \$70.00 per player for teams of 7 or more.

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 also 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 & Defending 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. Staff includes former and current members of Tom DeNigris’ teams. Dates of Sessions: June 28, July 5, 12, 19, 26; August 9.

PLAYER _____ AGE _____

HOME ADDRESS _____

TOWN _____ STATE _____ ZIP CODE _____

HOME PHONE _____ CELL PHONE _____

E-MAIL ADDRESS _____

TRAINING AS: Individual _____ Small Group _____ (please list group names on back of this sheet)

Team _____ (please list team name, club, and age flight on back this sheet)

PARENT/GUARDIAN SIGNATURE _____

(NOTE: Please mail form to — SAQ For Soccer, 4 Pheasant Road, Colts Neck, NJ 07722)

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