

POWER YOUR PERFORMANCE



Monday May 21 at FYSA Soccer Fields

Soccer is a dynamic sport that requires not only technical ball skill and tactical decision making, but also sharp athleticism for speed, agility, and power. Catalyst Soccer Training, in partnership with the Fairbanks Youth Soccer Association, brings you a unique clinic experience that measures your athletic abilities and teaches you to maximize these aspects of your game.

Catalyst Soccer coaches will use precise technology and testing methods to evaluate each player in 4 areas: sprint time, agility time, jump distance, and dribble time. Then the coaches will conduct exercises and provide instruction on the 4 elements of effective speed: running mechanics, stride quickness, muscle strength, and power generation. For specific offense, defense, and midfield skills training please sign up for the FYSA Boot Camp clinics that will be coached by Catalyst Soccer on May 22-24.

This is a rare opportunity to accurately identify your strengths and weaknesses then learn targeted ways to improve. Details are below, but available spots are limited so sprint as fast as you can to sign up today! Coaches who want a private clinic and evaluation experience for their team should email Info@CatalystSoccerTraining.com to arrange an available date/time for the week of May 21-25.

QUICKNESS



POWER



STRENGTH



TECHNIQUE



Register Online Today with FYSA

- 90 minute clinics at 9am, 11am, and 4pm on 5/21
- All levels, ages 8-18, boys and girls
- Maximum 45 players per clinic
- Cost = \$25/player, or \$15/player for teams of 10+
- Price includes: evaluation + clinic, report of test scores, plus an informational packet
- Register at FYSA_Soccer.org by mid May

