

LA DANZA DEL SOL 2017

Soccer Speed and Performance Development Clinic Series

Where players commit to achieve their peak level at practice sessions in order to play their very best at game time.

The clinic curriculum has its foundation in the complex mixture of psycho/physical elements that interact with the technical skills and ability with the ball, with the tactical culture or knowledge of the game to determine the player's potential to play at speed and subsequently determine the tempo of the game, and the players and team's performances.

For the players who wanted to become skillful at game action speed, our clinics cover the following:

- The player will work to achieve his/her peak stage of mastering the ball control at game speed. In our practices the soccer ball is the main reference!
- We will be working to improve player's decision making and became game smart by creating practice progressions that facilitates the understanding, readiness and reaction to the dynamics of the game:
- Perceptual speed and tactical culture: reading and understanding the game for anticipation and decision-making: On Actions on attacking, defending phases and transitional speed
- Reaction speed, power, quickness and acceleration
- Linear, lateral speed and vertical movement without the ball
- Flexibility, Coordination, Balance and Core training
- Action speed with the ball, foundation and advanced dribbling and passing skills
- Game action speed, the first touch, dictating the next play maintain flow of the game, establish and maintain possession with the purpose to create attacking and score opportunities.
- Striking, shooting and finishing!

The approach to our clinic program is that training must be functional to soccer, where the ball is the reference, with formats of routines, circuits and intervals of work and rest that mirror the physical demands of the game and subsequently will have a positive impact on the player's performance and general athleticism, maximizing their aerobic an anaerobic fitness level as well as intending to minimize their time to recovery while they still in play.

We need to remember that the end results will be based upon the individual discipline, determination and effort on the clinic. This, together with player's natural skill and athleticism will help the player to achieve their pick performance level at practice time in order to play their very best at game time.

Offering the following programs:

Series of 10 practice sessions (coed academy format for players U10 and above: Maintaining the training effect and mastering soccer skills)

Where: Schuyler Park
When: July 10, 11, 12, 13, 14, 17, 18, 19, 20, 21
From: 8:30A to 10:30 A
Tuition: \$180.00 for the entire series (10 sessions) or \$22.00 per daily session

Pre-registration is required and needs to be completed for both the whole clinic or if planning on per daily attendance.

!!! Early discount of \$40 if registered for full clinic by June 25 !!!

Soccer Speed and Performance Development Clinic Series / 10 day clinic

Where: Schuyler Park
When: July 24, 25, 26, 27, 28, 31, August 1, 2, 3, 4

Clinic Daily sessions are:

- Open Coed Intermediate and Academy Level Training: is 9:00A to 11:00A
Tuition - \$225
 - Coed Advance group session 5:30P to 7:30P
Tuition - \$275
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Clinic Series 10 sessions specific for modified scholastic level

Where: Daniels Rd. or Gavin Park TBA
When: August 21, 22, 23, 24, 25, 28, 29, 30, 31, and Sept 1
From: 5:30P to 7:30P
Tuition: \$180

NOTE: All Clinics are limited to 30 players per session, siblings \$ 75 off for the second player, only apply if register for whole clinic. Early registration before June 25 - \$ 40 off regular price!

Intermediate level is for Modified or freshman players, or younger individuals with fairly average training and skills level.

Advanced level is for Individuals who their skills and training level is appropriated or who are intending to play at JV or at Varsity level

Facilitator: Miguel A Hoyos, staff and experienced trainers are from Colombia

Questions: (518) 587 0438; (518) 886 2109 E-mail: always hoyos@yahoo.com

Player Waiver of Liability - LA DANZA DEL SOL 2017

"I, _____, have enrolled in a program of a very demanding physical activity including but not limited to cardiovascular, core conditioning, flexibility, balance, strength, power and agility training and soccer specific and functional training offered by:

I hereby affirm that I am in a fair physical condition and do not suffer from any disability or injury that would prevent or limit my participation in this exercise program."

"I fully understand that I may injure myself as a result of my participation in the Speed Development Clinic's exercise program and I, _____, hereby release Miguel A Hoyos and/or Soccer Training Systems and or ___SWSC Gavin Park, Schuyler Park _____ from any liability and damages, including consequential and incidental damages, now or in the future including and not limited to muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee-lower back-/foot injuries and any other illness or injury however caused, occurring during or after my participation in the exercise provided such was not caused by the negligence of the releases or others.

I hereby affirm that I have read and fully understand the above

Signature _____ Date _____

Parent or Legal guardian

This is to certify that I as parent/guardian with legal responsibility for this participant, Do consent and agree not only to his/her release, but also to myself/ourselves to release and identify the Releasers from any and all Liability incidents to my/our minor child's involvement as stated above.

Parent Name _____

Parent Signature _____

Player Signature _____ Date _____