



PLAYERS U14-U18 SOCCER

Strength & Conditioning Program

Prepare for success with Depth's Off-season Soccer Program designed specifically for soccer players who want to maximize their performance on the pitch by improving their strength, speed and stamina off the pitch this winter.

In this program, we get results. The program is directed by Neil Martin, Head Strength and Performance Coach at Depth Training. It provides players with everything needed to improve their athletic potential for the sport of soccer by assessing their current physical ability, implementing and executing a performance training program specific to their needs and monitoring their results under the guidance and supervision of our Athlete Strength and Performance Coaches at Depth.

Program divided into 2 tiers of development, Tier 1 – U16-U18; and Tier 2 – U14-U15, with 12 athletes per group.

PROGRAM COMPONENTS

- › Individualized training programs based on:
 - Age
 - Gender
 - Injury History
 - Initial Assessment
 - Position
 - Competition Level
 - Training Experience
- › Elite level strength & conditioning coaching
- › Performance progress reports
- › Nutrition Program to maximize training & soccer performance

DESIGNATED OFF-SEASON SOCCER GROUP TRAINING TIMES

Monday – Thursday | 8:30 pm

Other Training times available upon request weekday afternoons and Saturday mornings

PHASE ONE- 8 WEEKS

Oct.28-Dec.20

\$320^{+HST}

PHASE TWO- 8 WEEKS

Jan.6-Feb.28

\$320^{+HST}

226.748.9494
www.depthtraining.ca

