



# ESUFC - 2010 Speed & Agility Series



**Play The Best Soccer of Your Life Week-In, Week-Out... And Enjoy The Satisfaction of Playing To Your Full Potential...**

Whether you are an **aspiring soccer player, competing in state cup** or getting ready for **tryouts** the ESUFC Speed & Agility Series is designed to help each individual maximize their athletic ability and provide them with the tools necessary to excel.

**ANSWER THESE QUESTIONS TO DETERMINE IF THIS PROGRAM COULD HELP YOU:**

**Does your level of fitness and athleticism have a negative impact on the way you perform?**

**Do you think you could be a better player if you improved your speed and agility?**

*If you answered yes.....*

ESUFC is inviting all players aged 9 - 14 years to participate in the ESUFC Speed and Agility Series to be held on the artificial turf at Gresham High School. The Speed and Agility Series is open to all children regardless of club and ability who are interested in learning how to improve all facets of their athletic ability. The series is designed to develop each player's overall athletic performance including speed, work capacity, agility, strength, balance, and mental toughness. All players will learn new innovative ways and effective methods of how to incorporate the ball while working on their athleticism. Players will work in groups of 10-14 with a qualified ESUFC Staff Coach. *This series will start on Monday March 1st and will continue every Monday through April 26th.*

**Cost**      **\$100 for the series of 9 Speed and Agility sessions.**

**Location**      **Gresham High School, 1200 N Main, Gresham, OR 97030**

**Dates**      **Monday March 1st, 8th, 15th, 22nd, 29th April 5th, 12th, 19th, 26th**

**Times**      **6:00 - 7:30 pm - please arrive 15 minutes early so we can start on time.**

**Register ON-LINE @ [www.esufc.com](http://www.esufc.com)**

or Complete the registration form below and return with the fee to:

ESUFC - Speed & Agility Series, 510 NE Roberts Ave, Suite 200, Gresham, OR. 97030

**The Speed and Agility Series will be limited to 150 participants.**

**Onsite Registration will be accepted if space is available. Please arrive 30 minutes early if registering onsite.**

**Questions?**      Please call 503-667-8312 or e-mail [registrar@esufc.com](mailto:registrar@esufc.com).

Visit our web site at [www.esufc.com](http://www.esufc.com) for additional information on our club!

**2010 EastSide United FC Speed & Agility Series**

**Speed & Agility Series**      **\$100**

Fall Soccer Club: \_\_\_\_\_ Team: \_\_\_\_\_ Age Group: \_\_\_\_\_  
 Player Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Gender: M / F  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 School (Fall of 2009): \_\_\_\_\_ Grade: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Day Phone: \_\_\_\_\_ E-mail address: \_\_\_\_\_  
 Family Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Health Issues / Medications: \_\_\_\_\_  
 Emergency, Non-parent contact: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Insurance Company: \_\_\_\_\_ Group Number: \_\_\_\_\_

**PARENT / GUARDIAN:**

I authorize participation by the above player in the EastSide United FC Speed & Agility Series and Soccer Program. In return, I accept the risks incidental to participation and agree to hold harmless EastSide United FC and its coaches, officers, directors and other leaders for any claim resulting out of injury to the named player. I agree to provide sufficient medical insurance as protection and acknowledge that EastSide United FC does not provide such coverage. I authorize medical procedures to be performed in my absence when deemed necessary by a representative of EastSide United FC or a physician. I also authorize the camp administrator, camp director or staff coach to transport the above named to and from medical care.

**Parent's/Guardian's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Printed Name:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_

## What is soccer speed?

There are many factors which influence the pace at which one performs on the field. They include reflexes, tactical anticipation, agility and so on. Playing at a high pace is increasingly important at the more competitive levels. An effective speed training program must incorporate realistic aspects from the game. Soccer speed is not confined to sprinting alone as players rarely sprint for over 20 yards at a time. It is just as important to practice rapid change of direction, acceleration and above all, speed with the ball. All exercises in the ESUFC Speed & Agility Series are designed to improve one of the following:

Basic Coordination - Balance - Quickness - Lateral Movement  
Change of Direction - Explosive First Step - Overall Speed  
Endurance - Body Control - Strength & Power - Body Awareness & Core strength

## Answer these questions to find out if you really need the Speed & Agility Series !

### Work Capacity

- Can you maintain a high level of *work* for the entire game?
- Do you get tired before the first half is over?
- Do your legs feel like jelly in the first 10 minutes?
- Does the quality of your touch on the ball drastically decrease throughout the match?

### Speed

- How fast are you? (Could you be faster?)
- Is your speed limiting you to just one position?
- Are you *second* to the ball?

### Agility

- Can you stop and go on a dime?
- Does it take you too long to change directions?
- Can you cut the ball back instantaneously?

### Strength

- Do you feel strong but still get knocked off the ball?
- Do you want to jump higher?
- Do you want to become more explosive?



## 2010 ESUFC Speed & Agility Series

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ESUFC  
510 NE Roberts Ave, Suite 200  
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503-667-8312



# 2010 Speed & Agility Series

**Empowering Players through Soccer-specific training**