



FIT2PLAY

What do I get with **Fit 2 Play**? www.fit2play.com

This is a United 94 Clubwide Initiative beginning immediately.

Individual:

Your child will get:

An assessment through the Functional Movement Screen (FMS)

<http://www.functionalmovement.com/fms>

Special movements if any concerns show up on the FMS.

Access to Jeff (personal coaching) to answer any questions regarding your child

Team:

Coaches will provide a **"Daily 5"** (through Jeff's directive and planning) each session. Players can also use the **"Daily 5"** at home to improve their overall fitness.

- mobility, ground transitions which will be part of the club's warm-up. Videos and "to-do" documents will be posted online to help with this.
- movements for common concerns (for soccer players) which show up on the FMS.
- movements and exercises that are specific to our goal as a club (minimize injury, increase performance, and develop these skills as a lifestyle).

United 94 "Fitness Spoke" Club Goals:

1) Build a foundation of quality movement based on functional: mobility, stability, flexibility, strength, power, and endurance. 2) Minimize injury and increase durability and performance. 3) Make it a lifestyle.

Coming this Spring: We're taking this information and creating a file for each player. Along with the FMS we'll have **functional performance tests** (age specific) that will act as markers keeping us on the right track throughout the year -- **we'll start this as soon as the weather breaks for Spring Soccer Sessions**. The performance tests are in place to make sure we're seeing proper carryover on the field. This where most fitness programs fail, they train to train, with little direction and a one-size-fits all approach (many times training youth players like adults).

More to come -- see ya soon!

JT

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