

Limitless PROformance Presents: The 2016 CYSA Pre-Season Soccer Fitness Program

Limitless PROformance is a youth specific training facility that specializes in training and preparing young athlete of all levels of performance. At Limitless PROformance, we recognize the importance of training the mind and body as a whole. We stress improvements in self-efficacy while simultaneously helping kids learn, build a long lasting passion for improvement, and have fun.

*Self-efficacy (self -ef-fi-ca-cy), n;
An individual's belief in his or her capacity to execute behaviors necessary to produce specific performance attainments*

Although this program is soccer specific, we strive to help youths build a strong character that can be taken with them throughout soccer, academics and future endeavors. We see the process as more important than the product in youth sports.

In order to provide the best possible program for the CYSA athletes, coaches and parents, we built a staff of coaches and trainers who have years of soccer experience along with youth specific coaching and training experience.

It is imperative to us that our young athletes learn what we are doing during training and why we are doing it. We can achieve this through excellent communication skills among trainers, coaches, athletes and parents. Providing well-defined demonstrations gives athletes a clear vision what to do, how it should look and the benefits of successful completion.

Improving the athletes understanding of the program can improve focus and lead to the formation of deliberate practice. In addition, this will allow coaches and trainers to observe developmental needs of the players and adjust the training accordingly. We hold our athletes accountable for learning and improving as we look to develop their ability both immediately and long term as they progress and continue on from our program.

"Deliberate practice is an activity designed specifically to improve performance, often with a teacher's help" Geoff Colvin

It has been brought to our attention that athletes are coming into the season with sub optimal fitness levels, making it difficult for coaches to effectively plan, strategize and execute both practice and games. The US Soccer Development Model states there are four components of soccer: Technique, Psychology, Fitness and Tactics. The ability of an athlete to combine these four components leads to a player's performance. Although our program focuses directly on improvements in fitness and psychology, the residual effects help improve technique and tactics. Successful completion of our program will give athletes physical and cognitive improvements that will propel them into the season, inspiring teammates and impressing coaches with their newfound fitness and attitude.

Limitless PROformance 10 Keys to pre Season Soccer Conditioning Success!

- 1. Attitude**
- 2. Warm-up**
- 3. Running Mechanics**
- 4. Balance & Coordination**
- 5. Flexibility**
- 6. Endurance**
- 7. Strength**
- 8. Speed & Power**
- 9. Agility**
- 10. Cool down**

Attitude: “Attitudes are contagious”

A positive attitude will advance the average athlete while setting a good example for others. Attitude is particularly important in soccer due to the length of the game. Having the right mind set before, during, and after the game can make the difference between optimal performance and coming up short. The attitude you arrive at the field with (whether for practice or on game day) is the foundation for performance and supports a positive atmosphere for the whole team.

Our program inspires athletes to display respect, build a strong sense of self-efficacy, and supportive and understanding as well as to demonstrate leadership abilities. Positive improvements in a player’s attitude and outlook can lead to the biggest performance improvements both individually and as a team.

Warm-up:

A good warm-up should be completed prior to intense forms of exercises (training, practice and games). Warming-up is essential both physically and mentally for preparing the body. A well-prepared player will be able to produce maximal intensity efforts right from the start while others are still getting their body prepared.

We demonstrate, implement and teach a comprehensive warm-up. When youths understand why they are doing something and what affects it can have, they feel a greater sense of accomplishment. Most importantly, our warm-up will either start or enhance youths sense of physical awareness.

Running Mechanics:

Most youths have poor running mechanics due an absence of proper training and poor posture. Poor posture in youths is often the result of the lack of physical development (their bones growing at a faster rate then their muscle).

To avoid injury, increase efficiency and prolong fatigue, we address the common mistakes youths make when running. Short yet simple drills can help correct form, improve technique and begin developing new motor patterns. These small advances in running mechanics compound to make substantial improvements.

Balance & Coordination:

Balance and coordination development is best trained between the ages of 6 and 14 while still perfecting motor skills. In some sense, coordination is the foundation for many skills across all different sports. It is made up of several elements that can be trained both individually or together. Combined, they determine an athlete's ability to use different body parts simultaneously and smoothly. Coordination is a necessity for injury prevention and future success in sports.

Coordination can be a limiting factor for an athlete looking to improve performance. Our program takes advantage of youth's quick ability to master movements and begin preparing them for their future with new movements. With the use of many different exercises, we can uncover which elements of coordination an athlete is lacking, then specially target and develop it through isolated movements.

Flexibility:

Athletes with poor flexibility have shown an increase in muscle soreness and pain after exercise as well as being at a higher risk of injury. Youths often lose flexibility around age 10 as their bones begin to grow at a higher rate than their muscles. The game of soccer does very little to help athletes improve flexibility which further increases the importance of a proper warm-up, cool down and a stretching routine.

Increasing flexibility allows the body to work over a greater range of motion. As a result, greater forces can be produced and fine motor skills are performed with greater accuracy and consistency. We teach youths the importance of flexibility while they continue to build physical awareness. Their ability to recognize a tight muscle can be the difference between suffering a muscle strain and preventing an injury by taking extra time to prepare for activity.

Endurance:

Soccer requires athletes to walk, jog, sprint and quickly change directions over a prolonged period of time. An athlete lacking endurance (stamina) will tire quickly, lack the ability to keep the pace of the game and may need to be taken out to rest. Once fatigued, an athlete's ability to recover quickly and stay focused is reduced.

We have developed a hybrid of continuous training and interval training to target both aerobic and anaerobic endurance. Through building a strong aerobic base, athletes can perform for extended periods of time and recover quickly after exertions. An improvement in anaerobic endurance allows the athlete to perform short burst of repeated high-intensity movements with small rest intervals. This ability to maintain high-speed sprints late into the game has many advantages for soccer players.

Strength:

The importance of strength in soccer is often overlooked. In youths, strength training can help prevent or at minimum reduce injuries associated with rapid

growth spurts. Preadolescent gains from strength training come neurologically as the body increases the number of motor neurons that are recruited to fire with each muscle contraction. These neurological adaptations happen quickly and begin to show athletic improvements in very little time. Fundamentally, strength forms the base for power and speed development as well as playing a strong role in the ability to jump, shoot, dribble, shield, balance, and tackle.

An increase in strength can lead to physical improvements in maximal running speeds, acceleration, jumping abilities, kicking force and confidence. Physiological effects associated with strength training include increased mineral content in bones, an elevated metabolic rate (helping to prevent fat gain) and an enhanced recovery. We implement the first phase of a long-term strength training routine to safely build a foundation for future training after puberty. Likewise, we train the whole body together with a heavy emphasis on core strength development. This process allows us to minimize any muscle imbalances between the upper and lower body

Power & Speed:

Power is defined as “the speed at which you can apply maximum force”. In soccer, speed can be broken down into physical, technical and mental speed, all of which we believe athletes can build power in. Power is most often associated with physical speed (an athlete’s ability to quickly take off) but we recognize the importance of being powerful both technically and mentally.

Our program uses exercises, drills and circuits that help improve all aspects of power and speed while improving efficiency. Building on our proper running mechanics and strength training allows us to improve athletes explosive first step, resulting in improvements in acceleration, jumping and kicking. These improvements are highlighting while playing games in close quarters.

Agility

A fast, explosive player is incomplete if they lack the ability to quickly change the direction of their body or movement without losing balance. Maximum linear speed is a great asset in soccer but an athlete’s agility is essential in completing complex movements (dribbling, passing or intercepting) at a high rate of speed. As a combination of coordination, speed, reflexes, strength and endurance; agility is much easier to improve once the athlete has a strong foundation.

We use a culmination of exercises that allow us to break agility into smaller chunks and give athletes a more precise area of focus. This results in a faster learning curve of the drills and techniques along with exposing trainers to possible weaknesses in the athlete’s foundation. An athlete who becomes more efficient and agile will have the ability to respond quicker to teammates and opposing player’s actions.

Cool down:

The cool down is often overlooked even though its importance is similar to the warm up. A cool down promotes recovery and returns the body to a pre-exercise state. Soccer training, practice and games all cause a great deal of stress on the body. Muscle fibers, tendons, and ligaments suffer damage along with a build-up of waste products in your body. A proper cool down will jump start your body's repair process and help relax the central nervous system.

We also take this time to review what we did, why we did it and to welcome questions. We urge parents to join in on our review, encouraging the athletes inform them of their newfound knowledge and passion for training as well as asking questions.