

# Power<sup>2</sup>

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## Athletic Performance<sup>®</sup>

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# PowerSoccer

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Power Soccer is an eight-week preseason training program for boys and girls ages 13-18. This program is specially designed by our nationally Certified Strength and Conditioning Specialists<sup>®</sup> to improve the key athletic principles for the sport of soccer. Every Power Soccer training session will include:

### Agility Training

Soccer is a game of agility. On offense, it's quickness and movement coordination. On defense, you need reactive change-of-direction ability and closing speed. The Power Soccer program will help you develop athletic strength and develop your acceleration, deceleration and change of direction skills to improve your on-field agility on both sides of the ball.

### Power Training

Win more headers and strike the ball with tenacity. Our coaching staff has created a progressive power program for soccer that is second to none and is designed around improving lower body power while reducing the risk of injury.

### Strength Training

Strength is the foundation of athletic ability. Improved strength benefits every area of athleticism. The Power Soccer strength program includes strength exercises to improve lower and upper body strength and core stability in a 100% supervised training environment.

### Endurance Training

Soccer is a unique sport with high intensity sprints separated by active recovery. Work with our expert performance coaches in improving your on-field stamina. Power Soccer will train you to play the final 2 minutes as fast as the first 2 minutes.

### Injury Reduction Training

Nobody wants to be sidelined with an injury. If an injury does occur, stronger, better conditioned athletes recover faster. The athletic performance team at Power<sup>2</sup> Athletic Performance has created a program that addresses the lower leg and knee injuries common in the sport of soccer and will help keep you on the field all season long.

### Other Training Options:

- Individual Training
- Team Power Soccer Training
- 20 week Total Performance Training
- Strength & Power Training

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