



ACCELERATION NORTH SOCCER TEAM TRAINING

Bring in your entire soccer team this fall and winter to increase speed, agility, strength, and stamina. Our professional and educated staff will work with your players on how to sprint correctly, be explosive, strong and aggressive in all playing situations. Sessions are 60 - 90 minutes in length and are designed around age and skill level.

Team training contents:

❖ **30 - 45 minutes of sprint mechanics training on our patented incline treadmills**

- **Mirrors supply instant feedback for athletes to observe sprinting flaws**
- **One on One attention while athlete is sprinting**
- **Ability to force players to “hit the wall” during sprint intervals**
- **Proven and guaranteed improvements in mechanics, speed, and power.**

❖ **30 minutes of soccer speed, agility, and power plyometrics**

- **Single leg speed and balance training**
- **Acceleration and change of direction drills**
- **Core and stability exercises**
- **Power and conditioning drills**

Pricing:

60 Minute Session = \$195 each
Purchase 6 or more = \$175 each

90 Minute Session = \$275 each
Purchase 6 or more = \$250 each

Scheduling:

Schedule 1 or 2 sessions per week on the hour. Hours of operation are
Monday - Friday 2pm – 10pm
Weekends available upon request

Please call (651) 486-0020 with any questions or to schedule your soccer team.

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