



# SOCCKERPLUS SPEED AND SKILL ACADEMY

POWERED BY **PARISI**  
SPEED SCHOOL

**SOCCKERPLUS AND PARISI SPEED SCHOOL JOIN FORCES THIS SPRING TO DELIVER AN ACADEMY PROGRAM ENGINEERED TO DEVELOP EXCELLENCE.**

Parisi is an industry leader in performance enhancement, and together we will improve speed of movement, strength in character and technical prowess. The 6-week Speed and Skill Academy will help develop the physical traits and technical sophistication that can elevate an athlete's level of play and set them apart from their competition.

## **SPEED**

HOW PARISI TRAINING WILL HELP IMPROVE A PLAYER AND HOW IT RELATES TO ON-FIELD PLAY:

### **ACCELERATION**

- + Beating an opponent to a ball
- + Getting in behind a defender as a forward
- + A defender getting back to cover his/her line

### **CHANGE OF DIRECTION**

- + Players are constantly changing direction
- + Losing a player to get to a ball first
- + The quicker you can stop, the sooner you begin

### **UPPER BODY STRENGTH**

- + Increase speed
- + Increase power when jumping
- + Holding players off

### **LOWER BODY STRENGTH**

- + Increase speed and power
- + Better vertical jump for headers
- + Injury prevention



For 45 minutes players will work with expert speed and conditioning coaches from parisi speed school before engaging in 45 minutes of innovative technical training with SoccerPlus coaches.

## **SKILL**

HOW SOCCERPLUS TECHNICAL TRAINING WILL HELP IMPROVE A PLAYER:

- + Develop player's comfort and familiarity with the ball.
- + Provide every player with more than 1000 touches every session.
- + Challenge players to improve speed of thought and speed of skill execution.
- + Provide an environment that ensures true player development and encourages discovery.
- + Every player will walk away with an improved first touch and more confidence to execute.

**REGISTER ONLINE AT [WWW.SOCCKERPLUS.ORG/NONRES](http://WWW.SOCCKERPLUS.ORG/NONRES)**

## **PROGRAM DETAILS**

**DATES:** April 15th, April 22nd, 29th,  
May 6th, May 13th, May 20th

**TIMES:** 5:00-6:30pm (9-11 years old)  
6:00-7:30pm (12-14 years old)

**LOCATION:** Riverfront Fields,  
Glastonbury, CT

**COST:** \$150 per player

*\*spaces are limited*

## **REGISTRATION**

**Register online at [www.soccerplus.org/nonres](http://www.soccerplus.org/nonres)**

or complete and return form on the back to:

**MAIL:** SoccerPlus  
1477 Park Street,  
Suite 13C,  
Hartford, CT 06106

**E-MAIL:** [eleri@soccerplus.org](mailto:eleri@soccerplus.org)

**FAX:** 888-891-4474

For more information please contact us on:  
**1.800.533.7371** or e-mail [eleri@soccerplus.org](mailto:eleri@soccerplus.org)



**SERIOUS ABOUT PLAYER DEVELOPMENT**



**PERFORMANCE PROVEN.**



# **SOCCERPLUS**

## **THE DICICCO METHOD**

**2011 APPLICATION**  
Apply online at [soccerplus.org](http://soccerplus.org)

**Please complete and return the registration form below to:**  
1477 Park Street, Hartford, CT 06106, fax to 888.891.4474  
or email [avi@soccerplus.org](mailto:avi@soccerplus.org)

### **SOCCERPLUS SPEED AND SKILL ACADEMY—POWERED BY PARISI**

**LOCATION:** Riverfront Fields, Glastonbury, CT  
**DATE(S):** April 15th, 22nd, 29th, May 13th, May 20th  
**PRICE:** \$150

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

#### **EMERGENCY INFORMATION**

Parent/Guardian \_\_\_\_\_ Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

#### **In an emergency, when parents cannot be reached, contact:**

Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Allergies: \_\_\_\_\_

Other Medical Conditions: \_\_\_\_\_

#### **PAYMENT OPTIONS**

Credit Card # \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Expiration: \_\_\_\_\_

Security # on back of card \_\_\_\_\_

Check #: \_\_\_\_\_

**\*\* Player participation is subject to signing the SoccerPlus waiver. Waiver will be e-mailed to you upon registration. Please mail or fax the waiver to us or bring a signed copy of the waiver to the first session.\*\***