

PERFORMANCE ATHLETIX  
**WINTER SOCCER TRAINING INTENSIVE**  
DECEMBER 2009 – MARCH 2010



**Performance Athletix eliminates the guesswork from your soccer training & helps you achieve amazing results.**

**USING OUR DNA TRAINING PROTOCOL,**

developed over the last 10 years by Director of Sports Science Ted Johnson, our concurrent training mode

- 1** ensures all parts of your game receive equal attention
- 2** develops strength that elicits a positive power-to-weight ratio
- 3** breaks down sprinting biomechanics making athletes more efficient

**BOTTOM LINE:** Our integrated approach to soccer player development is second to none. Over the last 10 years, the best and brightest have come through our doors. We constantly push the evolution of training in our never-ending search for the truth.

**PROGRAM DETAILS\***

- Soccer Specific Fitness Development
- Relative Strength Training Development
- Training Specific Meals
- Unlimited Training over 16-Weeks (December – March)
- Enrollment Limited to 30 athletes
- Monday – Friday, 4–6, 6–8, 8–10
- Saturday & Sunday, 10–12, 12–2, 2–4
- Minneapolis Arena Club
- \$1,000.00 Flat Fee

**RESERVE YOUR SPOT TODAY!**

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www.performanceathletix.com



\* for more information on Performance Athletix's soccer training approach, see pages 2 & 3

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# SOCCER TRAINING APPROACH

AN EXCERPT FROM TED JOHNSON'S SOON-TO-BE-RELEASED *ATHLETE 101*

Our performance training starts with fitness training. In soccer, development of energy systems or “soccer fitness” is paramount. In a match between two equally talented teams, the more fit club would have a better chance of winning. Secondly, soccer is a sport where quickness, or being quick, is more important than absolute speed. What most coaches and athletes don't understand is that it takes an even higher level of fitness and strength to be quick than it does to be fast.

The terms speed and quickness are not interchangeable; they are completely different entities and should be treated as such with regard to how they are developed through training. So when we talk about developing fitness for soccer, how do we do it? The beauty of our program is two-fold. First, interval training is nothing new, but how we SPRINT! the intervals and the technology we use to determine the recovery we use is. Using heart rate monitors isn't new either, but measuring peak speed (mph), making sure the average heart rate for work and rest are identical, and individualizing the amount of recovery players get in a group setting is.

Second, the volume, or total distance covered, in our soccer fitness-training portion of performance training is approximately 10,560 yards. This is the distance covered in a high-level soccer match. Because we use continuous tempo runs at distances between 800 meters and 100 meters, we develop the highest level of O<sub>2</sub>/aerobic capacity possible. Most coaches and athletes don't understand that the O<sub>2</sub> system for power athletes, like soccer players, is the recovery system. What does that mean? The greater the O<sub>2</sub> system, the faster you recover from medium- to high-intensity sprints, which is the basis of movement in soccer.

Speed Training in soccer isn't much different than Speed Training for other sports. The biomechanics of sprinting are pretty uniform. Our goal in this segment of training is to develop more efficiency. In soccer, speed isn't as valuable as being quick. For soccer, a player's absolute speed is seldom used, but the ability to call upon it when it is needed is still there.

Power Training in soccer isn't much different than Power Training for any other sport with a couple of exceptions. First, corner kicks and plays from the boundary require the ability to explode, create position, and use leverage. We learned earlier that power is situational not absolute as it relates to soccer. The aforementioned game situations and how they are played are tactical, which is outside the scope of our training program.

Rxction Training in soccer has many similarities and some key differences in how it's devised. The nature of soccer requires the ball to be moved via the feet. For the sake of keeping the vocabulary understandable and for fair comparison to similar attributes in other sports, we will call moving the ball “dribbling” because soccer players move the ball with their feet or touches versus using their hands. Secondly, moving the ball with the feet is more difficult than dribbling with hands, as in basketball, or carrying the ball, which is the basis for movement in sports like football, rugby, and lacrosse.

In soccer, there is this conventional wisdom that “games” are the only way of transferring what athletes learn training to the field. I would offer because US soccer players are typically less athletic than their foreign counterparts, they need to develop skills and attributes that require them to be more athletic than games or skill-based training can develop. We will touch on quickness in Rxction Training in the next couple paragraphs.

We start our development with lateral movements that require quickness versus speed. What does this mean? Athletes need to understand one thing: The fastest athlete will get from point (A) to point (B) before everyone else. The quickest athlete will beat everyone to the first quarter, and most likely the halfway point, before anyone else, all the while getting to point (B) last. With that in mind, our athletes can focus on effort as our Rxction Training for soccer requires many touches during the programmable agility phase, twice as many as we would prescribe for a football player or athlete in another sport.

Secondly, soccer players must play both sides of the ball (offense and defense), so after programmable agility, we introduce tandem drills into our training. Tandem drills are superior for soccer players for three reasons. First of all, the drills I have developed are based on my experiences abroad, and they help soccer players expand their level of creativity, touch, dynamic, and instinctive play, while building confidence and individual brilliance, which are traits common to Brazilian players.

Second, the “physical” nature of playing street-oriented games inside confined space, i.e., racquetball courts 1v1, 2v2, or basketball courts 3v3, 4v4, 5v5, helps develop superior one-on-one skills, and players become desensitized to bumps, grinds, hooks, and tripping techniques I impose on them. Third, because our training is player centered, we develop instinctive players who are independent, solve problems on the field, and think about the game.

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# TRAINING SPECIFIC MEALS

SCIENTIFICALLY DESIGNED FOR YOUR INDIVIDUAL METABOLIC NEEDS &  
INCLUDED IN OUR SOCCER TRAINING PROGRAM

