

## High School Preview Program

### Apex Soccer will enhance player experience through our high school preview program.

This spring break program was designed specifically for dedicated and potential high school players to preview what a program will be like, ages 10-15, to also help improve and enhance their skills, within the four components of the game; technical, tactical, physical, and psychosocial.

We take pride in developing players at this age to give them a preview for their high school programs. An educated mix balance between technical/tactical sessions, soccer specific fitness, and game related activities is crucial to a well-organized high school programs. This training will allow coaches and players to have an understanding of areas of strength and weakness.

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#### Program details:

- 8 week program.
- 1 session per week.
- 2 hour session per week.
- Written player report/reviews.
- Cost, \$125 per player.

#### Proposed schedule:

##### Activities

- 30 Warm Up – Soccer Specific Fitness
- 45 Soccer Related – Technical Components
- 30 Game Play – Tactical Elements
- 15 Cool Down/Close/Recap

#### Essential high school technical and tactical areas of concerns:

##### Technical Tactical

- Back foot control.
- Passing to Possess.
- Aerial control.
- When to pass, when to dribble.
- Short and long range passing.
- Playing out of the back.
- Attacking and Defending.
- Transition.