

High School Essential Training

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

This carefully planned eight week program was designed specifically for dedicated and potential high school players, ages 11-14, to 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 prepare them 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, via written reports/reviews.

[button class="btn_red" bg_color="#000000" text_color="#FFFFFF" link="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=702&GroupID=1198018" target="_blank"]Register Here[/button]

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.