

## Performance Training

**Apex Soccer will enhance player's personal soccer experience and performance.**

**[button class="btn\_red" bg\_color="#000000" text\_color="#FFFFFF" link="http://apexsoccerct.com/summer-programs/" target="\_self"]Click Here for the summer program[/button][button class="btn\_red" bg\_color="#000000" text\_color="#FFFFFF" link="http://apexsoccerct.com/winter-program/" target="\_self"]Click Here for the Winter Program[/button]**

The program utilizes state-of-the-art facilities including an indoor turf field, fully equipped fitness center, functional fitness room, Futsal court and freshly designed conference room. The Facility enables players to effectively work alongside professionals that are certified within their respective profession (e.g. Soccer Coaches, Strength & Conditioning, SAQ and Fitness Instructors).

[youtube url="http://www.youtube.com/watch?v=N\_VPtCM-JOg" width="560" height="350"]

Throughout the program, participants will receive evaluations, attend lectures, perform, compete and learn via:

- Small-sided field sessions
- Video Analysis
- Strength and Conditioning
- Baseline Testing
- Spin Class
- Technical/Tactical field sessions
- Nutrition/Psychology sessions

At the end of the program, each participant will receive personal visual, verbal and written evaluations from Apex Soccer's dedicated and experienced staff.