

Soccer Specific Fitness

Apex Soccer uses the latest in peer-reviewed scientific research to determine the physical demands of the game of soccer. Our training is all based on the energy systems required by the body with respect to the demands of the match. Soccer players use every major energy system provided by the body (atp-pcr, glycolytic, oxidative) and must have a high level turnover from each system to perform throughout a 90 minute match. Soccer is an intense multidirectional sport and very dynamic in nature, players must be competent and have a balance in all physical aspects of the game:

- Power
- Agility
- Speed
- Strength
- Anaerobic Capacity
- Aerobic Capacity