

Winter Program

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This 3 Day Clinic has been designed specifically for dedicated players, ages 9-18, to improve and enhance their skills, within the four components of the game.

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

Participants will effectively maintain their individual performance goals/levels, throughout the winter season, within a safe and age appropriate environment.

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).

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.

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Christmas Clinic 2015

Dates - 9-12pm, December 28th, 29th, and 30th

NYA, Newtown, CT

Cost -Early Sign-up October 15th \$129 - After \$139

For more information please email info@apexsoccerct.com