

KICKS FOR THOUGHT

Issue 1

Bringing You The Latest In Youth Soccer Sport Science

Apex Soccer Ultimate Performance

Soccer-Specific Performance Testing

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The importance of soccer performance testing.

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Apex Soccer Winter Performance Program:

Still a few spots available, boys and girls, for our 3 day micro performance training camp.

December 29, 30, 31

9am – 12pm NYA Newtown, CT

Training includes:

Field sessions, ball technique, tactics, speed and agility, futsal, strength training, spinning, nutrition lecture, and more!

A.C. Connecticut:

Boys U9 – U11 Developmental Program Winter session begins on January 3rd.

Every Sat 8:30 – 10:00am

At NYA

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The game of soccer is a physically demanding sport. It can be argued that some of the best athletes in the world are high level soccer players. This is because of the abilities they develop in aerobic capacity, anaerobic capacity, power, speed, agility, and strength. 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, a match from start to finish may incorporate as



Pictured Above: Linear 30m Sprint Testing During one of Apex Soccer's performance training camps using infrared laser speed gates.

many as 1,346 changes (2) in motion thus showing how important athleticism is (1). Now how does this information relate to a soccer player, his/her training, and his/her approach to the game? As you can see the physical performance of a player is of the utmost importance to the demands of a match. So as a coach or player how do we decide what performance training methods work? How do we know if we are making progress and developing with comparisons to other top level players? One of the most important tools to a coach or player is **soccer-specific performance testing**. Scientific studies have been done worldwide to develop tests that best suit the sport-specific demands, physiological and biomechanical (1), of soccer. Apex has chosen six physical tests that we have seen to be the most beneficial for a coach and/or player. These tests are: For agility we have chosen the 505 Agility Test and Illinois Test which both measure changes of direction and pace in small space. For power we use the Vertical Jump Test for power using a timing mat that measures lower body power in wattage. For speed we chose the Linear 30m Sprint Test with 10m and 20m splits to measure speed from a standstill and speed from the fly. For anaerobic capacity we use the Repeated 30m Test which measures intensity over time and gives a fatigue index. For aerobic capacity we have chose the Yo-Yo Intermittent Recovery Test Level 1. Most of these tests can be conducted with a stop watch, however accuracy can be limited. One of the most

important tools for testing is an infrared laser gate system. These systems can be very expensive however they are extremely valuable to the accurate and precise testing. At Apex we provide testing using a laser gate system to individuals and teams. Apex Soccer uses modified soccer specific standardized protocols that have been developed through the experience of performance testing. Through testing our goal is to provide the player with a physical performance profile. With a large data pool in place we can provide the player with a comparison to the standard of the player's corresponding age group. Apex also encourages ongoing testing to:

- Establish soccer specific performance norms to help you objectively compare yourself to known standards for similarly matched individuals, by age, and effectively identify the types of physical performance required to advance to the next level.
- Identify your strengths and weaknesses from these normative standards
- Monitor your ongoing development and determine how you are responding to the demands of training.
- Provide information about your health status, if returning from injury.
- Provide information on how to incorporate soccer specific physical training for enhanced performance over time.

References

1. Cone John R. Soccer-specific performance testing of fitness and athleticism: The development of a comprehensive player profile. Athletes' Research Institute, Chapel Hill, North Carolina. Lippincott Williams & Wilkins, 2012.
2. Nadler SF, Malanga GA, Feinberg JH, Prybicien M, Stitik TP, and DePrince M. Relationship between hip muscle imbalance and occurrence of low back pain in collegiate athletes: A prospective study. Am J Phys Med Rehabil 80: 572-577, 2001.

Parents Corner:

Dieting Craze! And How To Get Started!

Nearly everyone has that little thought in the back of our heads egging us on as to when we are going to start that diet we have been postponing for so long. But with so many options and guides how do we choose the right diet? It seems as though every month there is a new trending celebrity secret diet and the cycle goes on and on. Now I am not trying to bash these diets and say they don't work because thousands of people have done them and have had great success. If you can stick to one of these diets by all means that's awesome, but from my experience the key is to find the right diet that works for you and corresponds to your lifestyle and activity level. To take a step back and analyze the most popular diets there are two key things most of them have in common whether it be South Beach, Paleo, ect... Each diet emphasizes eating whole foods, nothing packaged with added preservatives, everything "fresh". And the second key is to limit carbohydrate intake especially later in the day. For any and all of my clients looking to start a diet these are the two takeaway points I stress most importance. The common misconception is that a diet will make you eat less and leave you hungry; however **the secret to any healthy weight loss is not to eat less, but just change what you are eating.** It is general human nature to resist change, thus making the start of any diet a hard feat. The probability of success is increased with small adjustments, start slow and progress over time. Set realistic goals, short term and long. Maybe cut out carbs for dinner Sunday to Thursday then enjoy your weekends, progress from there over time. Turn your diet into and healthy lifelong lifestyle!

-Sean Weir, C.S.C.S.

Email sweir@apexsoccerct.com for a personal training consultation!



Apex Soccer is a soccer training and development company that inspires individuals and teams to reach their ultimate soccer performance goals. With a scientific, educational and prioritized approach, Apex Soccer enhances the technical, tactical, physical and psychosocial components of soccer for any individual or team in a seasonal plan.

Apex Soccer is a new take on the coaching side of the game. As a company we are here to help not only the player, but parents and coaches. Our services replicate the support that can only be found at the highest level. Apex Soccer is a sport science company built by coaches who have vast experience around the game of soccer at the professional, collegiate, and youth levels. Through the use of the most current methods in coaching techniques, research, technology, and software we have broken down the characteristics and qualities that it takes to improve performance of the soccer player.

For More Information on Services Visit Apexsoccerct.com or call 203-304-1827

