

## New Mexico Soccer Academy Sports-Performance Training

### 8-Week Preseason Training Program | 2 Training Sessions per Week

The Athlete's Playground Youth Soccer Sports Performance Training Program for the New Mexico Soccer Academy is an exclusive athlete development program designed to complement the skills-training side of soccer training and focus on making athletes in the NMSA program quicker, stronger, and faster. Our speed and agility programs paired with our functional, age-appropriate strength training programs will increase your athlete's performance on the field while decreasing their chances of non-contact injuries.

Though the training sessions are not mandatory, the training programs are progressive and will build from one session to the next. It is highly recommended that athletes attend both sessions weekly so that they can maximize their development during their short offseason/preseason break.

#### **There will be two separate training groups based off age:**

1. Middle School Training Group: Birth Years 2009 - 2010
2. High School Training Group: Birth Years 2006 - 2008

#### **Program Description**

- Pre- and Post-Workout Conditioning (How to Properly Prepare and Recover the body before and after workouts, practice, and games)
- Movement Form and Mechanics (Running, Shuffle, etc.)
- Multi-Directional First-Step Quickness | Sprinting Mechanics
- Acceleration | Deceleration | Change of Direction
- Speed, Agility, and Quickness
- Strength | Power | Explosiveness (Relative to the game of soccer and designed to build and develop lean muscle mass)
- Mobility | Flexibility | Balance | Injury Prevention (Focus will be on the common injuries associated with playing the game of soccer)

#### **Training Days and Times**

##### Middle School Training Days and Times

Tuesdays and Thursdays  
7:30 PM – 8:45 PM  
Starting December 13, 2022

##### High School Training Days and Times

Mondays and Wednesdays  
7:30 PM – 8:45 PM  
Starting December 12, 2022

## Program Details

- Training Sessions are 75-Minutes in Length
- High School Athletes will have Initial Assessments Conducted at the Beginning of the Program and will be Tracked Throughout the Duration of the Program to Monitor Individual Player Development
- Each Age Group will have Two (2) 75-Minute Training Sessions each Week
- Youth & Teen Gym Memberships Included (only when actively participating in the training program)
- Gym Membership Allows Access to Weekly Sports Performance Classes Monday – Thursday:
  - **High School Sports Performance Classes:** Tuesday and Thursdays 7:00 PM – 8:00 PM
    - Teen Gym Memberships allow high school athletes to come into the gym and workout on their own anytime during normal business hours.
    - Workouts will be provided for high school athletes to follow when they work out on their own. Coaches are here Monday – Friday to assist and supervise.
  - **Middle School Sports Performance Classes:** Monday – Thursday 6:00 PM – 7:00 PM

## Sunday NMSA Exclusive Training Day

The Athlete's Playground will be open on Sundays from 1:00 PM – 4:00 PM so that NMSA athletes can have an extra day to train. High school athletes will have more time to get their strength and speed workouts done which are programmed ahead of time and provided through the "Teambuildr" app. The app can be downloaded on apple and android phones.

Only athletes actively participating in The Athlete's Playground Soccer Sports Performance Program will have youth and teen gym memberships. You must have an active gym membership to check-in at the front desk and attend Sunday training sessions. (**Note:** Youth and Teen Gym Memberships are included while you are actively participating in The Athlete's Playground Soccer Sports Performance Training Programs).

## What is the difference between the High School and Middle School Programs?

- High school program will go deeper into strength training, focusing on proper lifting form and technique. The middle school program will use light external loads (light dumbbells, kettlebells, medicine balls, bands, etc.) to strengthen

and challenge the bod. The intensity level used when they lift, and train will be lower when compared to the high school program.

- The high school program will progress a little faster than the middle school program in the speed, agility, and power drills due to the maturity and fitness levels of the athletes participating.
- The middle school program will focus heavily on developing a strong base in movement form and mechanics, introductory strength, and power development (running form and technique, multi-directional movement patterns, and change of direction).
- The high school program will focus on movement form and mechanics as well, but the movement portion of the program will be centered on using more explosiveness, and power when moving throughout the drills and exercises (i.e., accelerating, decelerating, sprinting mechanics, jumping, landing, cutting, and changing direction). The program will incorporate more multiple directional-change drills that will demand higher levels of physical fitness, body control, and strength. reactive movements and cognitive awareness.

Regardless of the program, whether middle school or high school, we do not babysit here at The Athlete's Playground. Both programs will be unique and challenging for the athletes participating. Our passion is to develop tomorrow's superstars and help young athletes discover and reach their true potential. To achieve that, we help them see the vision, ignite their passion, and do nothing less than put in hard work...**a character trait that will benefit them on and off the soccer field.**

**Cost of Program**

- ~~\$18.00 Per Session~~ NMSA Discount: \$15.00 + tax Per Session Per Person
- (8) 75-minute session each month
- **Total Cost for 8 sessions = \$120.00 + tax per athlete**  
*Training sessions must be purchased monthly in packages of 8*
- **Total Cost for the entire 8-Week Program: \$240.00 + Tax** (includes \$100.00 in youth gym memberships).

Middle School Training Schedule		
Week #	Day 1	Day 2
Week 1	Tuesday December 13, 2022	Thursday December 15, 2022
Week 2	Tuesday December 20, 2022	Thursday December 22, 2022
Week 3	Tuesday January 3, 2023	Thursday January 5, 2023
Week 4	Tuesday January 10, 2023	Thursday January 12, 2023
Week 5	Tuesday January 17, 2023	Thursday January 19, 2023
Week 6	Tuesday January 24, 2023	Thursday January 26, 2023
Week 7	Tuesday January 31, 2023	Thursday February 2, 2023

Week 8	Tuesday February 7, 2023	Thursday February 9, 2023
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High School Training Schedule		
Week #	Day 1	Day 2
Week 1	Monday December 12, 2022	Wednesday December 14, 2022
Week 2	Monday December 19, 2022	Wednesday December 21, 2022
Week 3	Monday January 2, 2023	Wednesday January 4, 2023
Week 4	Monday January 9, 2023	Wednesday January 11, 2023
Week 5	Monday January 16, 2023	Wednesday January 18, 2022
Week 6	Monday January 23, 2023	Wednesday January 25, 2022
Week 7	Monday January 30, 2023	Wednesday February 1, 2023
Week 8	Monday February 6, 2023	Wednesday February 8, 2023

**\*We are taking the week of December 25, 2022, off so families can enjoy the holidays without worrying about missing two sessions.**

The gym will be closed on the following days:

**December 24, 2022, December 25, 2022, and December 26, 2022**

**December 31, 2022, January 1, 2023, and January 2, 2023**

Other than the days mentioned above, the gym will still be open for high school athletes to come in and follow the workouts provided on the "Teambuildr" app.