



## **Performance Training Session #2**

### **Open to High School & Middle School Soccer Players**

Performance Training is designed to concentrate on individual player development using dynamic, innovative training sessions that focus on Technical Skills, Speed and Stamina. Session #2 will start after Christmas and lead right in to the high school soccer season. Sessions are designed for intermediate to advanced level players.

#### **Session #2 Dates/Times**

Thursdays 6-7:30pm 1/18,1/25,2/1,2/8,2/15,2/22

#### **Location**

Menard Sports Complex Turf

#### **Cost**

\$150.00 (Includes Training T-shirt)



**[Click Here to Register](#)**