

# MTsc Speed, Agility and Conditioning (SAC) Program Content Description

SEASONAL PROGRAM  
WITH  
METRO TULSA Soccer Club



## Who would benefit from MTsc SAC?



SAC is not just for soccer players. This program is for any and all youth athletes 5 1/2 – 14 1/2 years old regardless of the sport they play or if they even play a sport. SAC is for any youth who wants to keep active, in shape and improve their athleticism.

## What is MTsc SAC?

SAC is part **speed training** which focuses on starting ability (acceleration), stride length (increase after initial acceleration), stride rate (number of steps per time), endurance and sprint form and technique. Speed can be defined as "the ability to complete a movement within a short period of time" which means reaction and contraction speed of the muscles and frequency of body movements.



In which situations does an athlete need the above qualities to succeed?

1. When an athlete tries to make quick first steps
2. When an athlete performs movement patterns and changes of direction at high speed
3. When an athlete decelerates over a few steps to set themselves optimally for offensive or defensive performance
4. When an athlete wants to hit powerful shots

SAC is also part **agility training** which focuses on the ability to rapidly change directions without the loss of speed, balance, or body control focusing on movement coordination and precision, energy saving efficiency of motion and reliability of repetitive movement execution. Agility can be defined as "the ability to change the body's direction efficiently" which means being able to execute the movement smoothly with accuracy and relaxation, thus using minimal muscular energy.

In what situations do players demonstrate agility?

1. When playing the right shot with efficiency
2. When adapting to specific game conditions



### What other benefits does MTsc SAC have?



MTsc SAC helps prevent injuries from imbalances and poor body mechanics. The goal is for initial movement, lateral, linear, and vertical to become automatic, explosive and precise. SAC elements have age appropriate implementation while emphasizing proper movement technique and efficiency.

### What do MTsc SAC Sessions Consist of?

Each MTsc SAC session generally consists of up to six (6) segments including general and dynamic warm-up, joint integrity work, speed & acceleration work, agility & quickness work, and recovery stretching. Each segment consists of numerous exercises, drills and/or games that work toward the goal of improving athleticism through enhanced technique, speed and agility.

### How does the MTsc SAC Program work?

Our SAC Program as announced from time to time has either camp based or seasonal based programs (as identified in the "*Speed, Agility and Conditioning (SAC) Program Quick Glance*" under "*PDP, M&M, SAC Programs*" at [www.MetroTulsaSoccer.com](http://www.MetroTulsaSoccer.com)). Registration is accomplished through [www.MetroTulsaSoccer.com](http://www.MetroTulsaSoccer.com).

**Register today** for MTsc SAC

at [www.MetroTulsaSoccer.com](http://www.MetroTulsaSoccer.com) via our convenient online registration. For more Program details go to [www.MetroTulsaSoccer.com](http://www.MetroTulsaSoccer.com) and click on **MTsc "PDP, M&M, SAC Programs"**.



