



EDINA SOCCER CLUB 6 – 8 GRADE PHASE 2 WINTER/SPRING 2024

Training HAUS is a sports performance platform for athletic achievement on and off the field. Our team of experts come from a variety of sport specific backgrounds to create a personal experience for each athlete that comes through our door. We are committed to building a complex athlete from their physical physique to their mental well-being.

FOCUS AREAS

- Explosive Acceleration and Controlled Speed
- Technical Phases of Running
- Protective Defensive Stability on and off the Ball
- Sport Specific Strength
- Injury Prevention
- Efficient Mobility

PROGRAM DETAILS

The overall objective for Phase 1 has been to introduce a full body structured program that allowed for progressive overload without introducing too many new variables, lifts, and movements. Our goal for phase 2 is to continue to develop movement through strength and game speed field skills.

Location: Training HAUS – Edina | 4100 Minnesota Drive, Edina

Training Schedule: January 21 – March 10

- Sunday | 4:30 – 5:45 PM
- 7 Total Sessions (1/21, 1/28, 2/4, 2/11, 2/25, 3/3, 3/10)

COST & REGISTRATION

Package Option	Cost	Registration Link
4 Pack	\$70	TrainingHAUS.com/ESC-2024-P2-68-4pack
7 Pack	\$120	TrainingHAUS.com/ESC-2024-P2-68-7pack

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