

ELITE ACADEMY PERFORMANCE REPORT



MANAGING HEALTH AND WELLNESS DURING PRE-SEASON

1. MANAGE STRESS:

FIND 5-10MIN OUT OF YOUR DAY TO PRACTICE MINDFULNESS, AND RESETTING THE MIND AND BODY. I RECOMMEND THE FREE APP "HEADSPACE".

2. STAYING STRONG:

CONSISTENT STRENGTH TRAINING 1-2 SESSION PER WEEK WILL KEEP YOU STRONG AND CONFIDENT COME GAME DAY, AND GREATLY REDUCE RISK OF INJURY.

3. RESPECT THE POWER OF SLEEP:

AIM FOR 8+ HOURS OF QUALITY SLEEP PER NIGHT TO OPTIMIZE BRAIN & BODY FUNCTION.

2 Biggest Soccer Training Misconceptions That Hurt Development

#1: Lifting Weights Will Make Soccer Players Slow & Bulky

- A great deal is misunderstood about the role of resistance training for soccer players. To the average person, weights are synonymous with gaining mass, or "getting a pump".

Soccer players should use resistance training to enhance power and speed qualities. These types of adaptations are just as much neurological as they are muscular. Power and speed are best developed through high-intensity strength training methods with low rep ranges. A well-coached athlete should also be aware that fatigue is the enemy of speed. Instead of grinding through forced reps, the coach should stop the set once bar speed drops. The body will adapt to the stresses put on it, and the demands of soccer can be physically challenging. Providing players with a dedicated resistance training program is not only the best way to improve speed and power, but is necessary for longterm development.

#2: Slow Soccer Players Need More Fitness

- It's easy to draw this conclusion when an athlete is consistently a step too slow and everything they do appears to be labored. Struggling to keep up is often viewed as symptomatic of being out of shape. However, the illusion of being out of shape often conceals the reality, which is lack of speed. Trying to fix a lack of speed with increased fitness only exacerbates the true issue. Fitness typically devolves into low-quality, low-skilled, high-quantity bouts of training when the athlete most needs high-skilled, high-intensity speed work with near complete recovery. Trying to "out fitness" being slow will frequently just leave the athlete tired and slower than when they started. Instead of increasing the fitness demands on the athlete with unnecessary mileage and endless shuttles, a structured approach to enhance starting strength, acceleration, and max velocity simultaneously would be a better option.