



# & Injury Prevention Program

**SPEED**

**POWER**

**AGILITY**

**BALANCE**

**ACCELERATION**





# Looking for an edge on the competition?

- Program is for players looking to improve your athleticism by gaining speed, agility, acceleration, explosiveness, and strength while learning proper movement techniques for better injury prevention?



# Meet Colt Schreyer: SASA Athletic Performance Coach

**BIO:** Sports are more fun when our confidence and our athleticism is constantly improving. That's where I come in to help. My name is Colt Schreyer and I love helping athletes grow on and off the field through athletic performance training. Consistent growth = happiness and my job is to foster an environment that allows for just that. I'm thrilled to motivate and educate your athlete to move well, decrease risk of injury, and provide a fresh new perspective on the importance of mindset and their physical well being.

## **CREDENTIALS AND LICENSES**

NSPA Speed and Agility Coach

NSPA Program Design Specialist

NSPA Sports Nutrition Coach

NSPA Weightlifting Performance Coach

FMS Level 1; ACE Certified Personal Trainer

Experience: 5 Years of coaching athletes on and off the field in Illinois, Idaho and Utah.  
Played at Northland College as a goalkeeper.  
4 year starter, hold multiple conference awards and a NCAA record.





# Coaches Education for performance & injury prevention.

- Hold Coaches Sessions 1 in the fall & 1 in the spring for Competitive.
- Hold Coaches sessions 1 in the fall & 1 in the spring for recreational.
- Implement the FIFA 11+ warmup for all competitive teams & rec teams before training & games. Reduce injuries by 30%.
- Team Training on request. (Optional fee)
- Injury prevention zoom webinars and information on website.

# FIFA 11+

## PART 1

### RUNNING EXERCISES • 8 MINUTES



**1 RUNNING STRAIGHT AHEAD**

This exercise is made up of 10 x 10 second sprints at any speed. To 10 second sprints you can run at a speed of your own choice. To 10 second sprints you can run at a speed of your own choice. To 10 second sprints you can run at a speed of your own choice.



**2 RUNNING HUMP OUT**

Start on the ground. Run forward. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.



**3 RUNNING HIP IN**

Start on the ground. Run forward. At each step, lift your right knee and swing it in towards the center. Repeat for 10 seconds.



**4 RUNNING CIRCLING PARTNER**

Run forward on a path. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.



**5 RUNNING SHOULDER CONTACT**

Run forward on a path. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.



**6 RUNNING QUICK FORWARDS & BACKWARDS**

Run forward on a path. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.

## PART 2

### STRENGTH • PLYOMETRICS • BALANCE • 10 MINUTES



**7 THE BENCH STATIC**

Start on the ground. Run forward. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.



**8 THE BENCH ALT. LEGS**

Start on the ground. Run forward. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.



**9 THE BENCH ONE LEG LIFT AND HOLD**

Start on the ground. Run forward. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.



**10 SIDEWAYS BENCH STATIC**

Start on the ground. Run forward. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.



**11 SIDEWAYS BENCH RAISE & LOWER HIP**

Start on the ground. Run forward. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.



**12 SIDEWAYS BENCH WITH LEG LIFT**

Start on the ground. Run forward. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.



**13 HAMSTRINGS BEGINNER**

Start on the ground. Run forward. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.



**14 HAMSTRINGS INT. ERG. DIATE**

Start on the ground. Run forward. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.



**15 HAMSTRINGS ADVANCED**

Start on the ground. Run forward. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.



**16 SINGLE-LEG STANCE HOLD THE BALL**

Start on the ground. Run forward. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.



**17 SINGLE-LEG STANCE THROWING BALL WITH PARTNER**

Start on the ground. Run forward. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.



**18 SINGLE-LEG STANCE TEST YOUR PARTNER**

Start on the ground. Run forward. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.



**19 SQUATS WITH TOE RAISE**

Start on the ground. Run forward. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.



**20 SQUATS WALKING LUNGES**

Start on the ground. Run forward. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.



**21 SQUATS ONE-LEG SQUATS**

Start on the ground. Run forward. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.



**22 JUMPING VERTICAL JUMPS**

Start on the ground. Run forward. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.



**23 JUMPING LATERAL JUMPS**

Start on the ground. Run forward. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.



**24 JUMPING BOX JUMPS**

Start on the ground. Run forward. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.

## PART 3

### RUNNING EXERCISES • 2 MINUTES



**25 RUNNING ACROSS THE PITCH**

Start on the ground. Run forward. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.



**26 RUNNING BOUNDING**

Start on the ground. Run forward. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.



**27 RUNNING PITCH CUT**

Start on the ground. Run forward. At each step, lift your right knee and swing it out to the side. Repeat for 10 seconds.





# SASA Performance Training Program

SASA Athletic Performance Training will improve participants' ability in all of these areas. All programs will emphasize player education so that each participant can effectively internalize and apply the skills and techniques learned in training to perform in competitive situations.

## Program Options:

- Fundamental Performance Training – U8 to U10
- Intermediate Performance Training – U11 to U14
- Advanced Performance Training – U13 to U18
- Elite Performance Training – U15 to U18
- \*All programs span 6 weeks with one 60-minute training session per week

# SASA Performance Training Program: Fundamental Performance Training U8-U10

## Fundamental Performance Training (U8 to U10)

- Injury Prevention-focused Warmup
- Core Stability
- Fundamentals of Sport-Specific Movement Techniques
- Static and Dynamic Balance and Coordination
- Reaction Time
- Fundamentals of Speed, Agility and Acceleration

The Fundamental Performance Training program is for the young athlete who wants to have fun learning proper movement patterns for sport performance while improving balance and coordination skills. The principles taught in this program will lay the foundation for the growth and development of your athlete.





# SASA Performance Training Program: Intermediate Performance Training U11-U14

## Intermediate Performance Training (U11 to U14)

- Injury Prevention-focused Warmup
- Core Stability
- Intermediate Sport-Specific Movement Techniques
- Dynamic Balance and Coordination
- Speed, Agility, and Acceleration
- Applied Reaction Time
- Foundations of Muscular Strength and Endurance
- Explosiveness

The Intermediate Performance Training program is geared toward athletes who want to improve their athletic capabilities by improving speed, agility, acceleration and explosiveness while beginning to build their muscular strength and endurance in a targeted manner.



# SASA Performance Training Program: Advanced Performance Training U13-U18

## Advanced Performance Training (U13-U18)

- Injury Prevention-focused Warmup
- Core Stability
- Advanced Sport-Specific Movement Techniques
- Advanced Balance and Coordination
- Speed, Agility and Acceleration
- In-Game Scenario Reaction Time
- Advanced Muscular Strength and Endurance
- Explosiveness

The Advanced Performance Training program is for serious athletes looking to take their game to the next level by increasing, speed, agility, acceleration and explosiveness in training routines that will mimic in-game scenarios.

\*\*\* U13 & U14 must complete intermediate for one full program session before can enter the Advance Performance Training.





# SASA Performance Training Program: Advanced Performance Training U13-U18

## Advanced Performance Training (U13-U18)

- Injury Prevention-focused Warmup
- Core Stability
- Advanced Sport-Specific Movement Techniques
- Advanced Balance and Coordination
- Speed, Agility and Acceleration
- In-Game Scenario Reaction Time
- Advanced Muscular Strength and Endurance
- Explosiveness

The Advanced Performance Training program is for serious athletes looking to take their game to the next level by increasing, speed, agility, acceleration and explosiveness in training routines that will mimic in-game scenarios.

\*\*\* U13 & U14 must complete intermediate for one full program session before can enter the Advance Performance Training.



# SASA/CIU Performance Training Program: Elite Performance Training U15-U19

## Elite Performance Training (U15-U18)

- High-Intensity Interval Training (HIIT) Focused
- Injury Prevention-focused Warmup
- Core Stability
- Speed, Agility, Acceleration and Explosiveness Circuit Training
- In-Game Scenario Reaction Time
- Applied, Sport-Specific Muscular Strength and Endurance
- Elite Explosiveness

The Elite Performance Training program is for the elite athlete looking to maximally increase their sport performance abilities to compete at the highest level. This program will focus on HIIT training for all aspects of athleticism in order to increase the athlete's speed, agility, acceleration and explosiveness while also increasing aerobic and anaerobic endurance, giving them an edge on the competition in-game.





# Athletic Performance Training Program Pricing

Fundamental Performance Training	\$180	Time TBA	Boys/Girls	U8-U10	Dates TBA (6 Weeks)
Intermediate Performance Training	\$180	Time TBA	Boys/Girls	U11-U14	Dates TBA (6 Weeks)
Advanced Performance Training	\$180	Time TBA	Boys/Girls	U13-U18	Dates TBA (6 Weeks)
Elite Performance Training	\$180	Time TBA	Boys/Girls	U15-U18	Dates TBA (6 Weeks)

Programs start date (6 Weeks).

Fall: Starts August 23rd options to train Tuesday or Wednesday evenings. Will expand to more days and times a week based upon demand for training.

1 v 1 performance training based on request & availability

# Athletic Performance Training Program Proposal

- Colt Schreyer will run program
- Performance specialist or session performance coach gets 80% entry fee.
- SASA will get 20% entry fee.
- SASA will provide registration system.
- SASA will provide space & fields & equipment

Set up SASA Performance development area.  
Est. \$1600 plus what ever the turf is.

SASA Area behind the Men's Bathroom.

Clear out area. Set up shelving from this area to the big shed. Sell items don't use (i.e training table)

Move freezer to the concession stand.

Turf the floor in that space.

Equipment with wish list for speed & strength trainings. Attached on next page.



## SASA Performance Development Area Wish List:

## Turf

- **Agility Ladders (5+) (linked combo of ladder/cones/parachute) \$125-175**

[https://www.amazon.com/LYKAN-FIT-Parachute-Equipment-Coordination/dp/B08LP2WX9S/ref=sr\\_1\\_12?dchild=1&keywords=agility+ladder&qid=1610132436&s=sporting-goods&sr=1-12](https://www.amazon.com/LYKAN-FIT-Parachute-Equipment-Coordination/dp/B08LP2WX9S/ref=sr_1_12?dchild=1&keywords=agility+ladder&qid=1610132436&s=sporting-goods&sr=1-12)

- Agility Rings (20+) \$100

[https://www.amazon.com/Trademark-Innovations-Agility-Training-18-Inch/dp/B00EPFA38U/ref=sr\\_1\\_5?dchild=1&keywords=agility+rings&qid=1610132516&s=sporting-goods&sr=1-5](https://www.amazon.com/Trademark-Innovations-Agility-Training-18-Inch/dp/B00EPFA38U/ref=sr_1_5?dchild=1&keywords=agility+rings&qid=1610132516&s=sporting-goods&sr=1-5)

- **Small Resistance Bands (5+) \$100**

[https://www.amazon.com/Fit-Simplify-Resistance-Exercise-Instruction/dp/B01AVDVHTI/ref=sr\\_1\\_1\\_sspa?dchild=1&keywords=small+resistance+band&qid=1610132636&s=sporting-goods&sr=1-1-sports&psc=1&spLa=ZW5jcmlwdGVkUXVhbGlmaWVyPUEwUkRWU0k0MDc1SDUwJmVuY3J5cHRlZElkPUwMDI5ODgwM0hZT09FNTY2U0xINSZlbmNyeXB0ZWRRBZEikPUwODczMjY2UE5JNjIUIBSVzEyJndpZGldE5hbWU9c3BFfXRmJmFjdGlvbj1jbGlja1JIZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==](https://www.amazon.com/Fit-Simplify-Resistance-Exercise-Instruction/dp/B01AVDVHTI/ref=sr_1_1_sspa?dchild=1&keywords=small+resistance+band&qid=1610132636&s=sporting-goods&sr=1-1-sports&psc=1&spLa=ZW5jcmlwdGVkUXVhbGlmaWVyPUEwUkRWU0k0MDc1SDUwJmVuY3J5cHRlZElkPUwMDI5ODgwM0hZT09FNTY2U0xINSZlbmNyeXB0ZWRRBZEikPUwODczMjY2UE5JNjIUIBSVzEyJndpZGldE5hbWU9c3BFfXRmJmFjdGlvbj1jbGlja1JIZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==)

- Large Resistance Bands (5+) \$150

[https://www.amazon.com/Fit-Simplify-Pull-Assist-Band/dp/B01KS7114S/ref=sr\\_1\\_3\\_sspa?dchild=1&keywords=small+resistance+band&qid=1610132636&s=sporting-goods&sr=1-3-spons&psc=1&spLa=ZW5jcjnlwdGVkUXVhbGlmaWVyPUExUkRWU0k0MDc1SDUwJmVuY3J5cHRlZElkPUwMDi5ODgwM0hZT09FNTY2U0xINSZlbnNyeXB0ZWZlZElkPUwMDzY1Nzc0MVJVTDhPNE5TTDRQVCZ3aWRnZXROYW1lPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=](https://www.amazon.com/Fit-Simplify-Pull-Assist-Band/dp/B01KS7114S/ref=sr_1_3_sspa?dchild=1&keywords=small+resistance+band&qid=1610132636&s=sporting-goods&sr=1-3-spons&psc=1&spLa=ZW5jcjnlwdGVkUXVhbGlmaWVyPUExUkRWU0k0MDc1SDUwJmVuY3J5cHRlZElkPUwMDi5ODgwM0hZT09FNTY2U0xINSZlbnNyeXB0ZWZlZElkPUwMDzY1Nzc0MVJVTDhPNE5TTDRQVCZ3aWRnZXROYW1lPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=)

- Speed Parachutes (5+) \$150

[https://www.amazon.com/StillCool-Training-Resistance-Parachute-Football/dp/B00UD4BQDS/ref=sr\\_1\\_1\\_sspa?dchild=1&keywords=speed+parachute&qid=1610133461&sr=8-1-spons&psc=1&spLa=ZW5jcmlwdGVkUXVhbGlmaWVyPUEyOFJCOUdHMVZOWVBFJmVuY3J5cHRlZElkPUeWNTkxNDM5Mk9FWVdKQk4WjISRCZlbnNyeXB0ZWRBZEIkPUeWNDU2Mjk5MVg4WkdQNVgyVk5BRiZ3aWRnZXROYW1lPw1PwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=](https://www.amazon.com/StillCool-Training-Resistance-Parachute-Football/dp/B00UD4BQDS/ref=sr_1_1_sspa?dchild=1&keywords=speed+parachute&qid=1610133461&sr=8-1-spons&psc=1&spLa=ZW5jcmlwdGVkUXVhbGlmaWVyPUEyOFJCOUdHMVZOWVBFJmVuY3J5cHRlZElkPUeWNTkxNDM5Mk9FWVdKQk4WjISRCZlbnNyeXB0ZWRBZEIkPUeWNDU2Mjk5MVg4WkdQNVgyVk5BRiZ3aWRnZXROYW1lPw1PwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=)

- Pulling Sleds (3+) \$150

[https://www.amazon.com/UBOWAY-Adjustable-Sled-Trainer-Sprinter/dp/B07Y7W6GSK/ref=sr\\_1\\_18?dchild=1&keywords=sled+drag+workout&qid=1610133589&sr=8-18](https://www.amazon.com/UBOWAY-Adjustable-Sled-Trainer-Sprinter/dp/B07Y7W6GSK/ref=sr_1_18?dchild=1&keywords=sled+drag+workout&qid=1610133589&sr=8-18)

- Wickets (20+) \$180

[https://www.amazon.com/REEHUT-Set-Speed-Hurdles-Plyometric/dp/B078JS3XYX/ref=sr\\_1\\_1\\_sspa?dchild=1&keywords=running+wickets&qid=1610132901&s=sporting-goods&sr=1-1-spons&psc=1&spLa=ZW5jcmlwdGVkUXVhbGlmaWVyPUEwOFg2WVQ0MkxKMkFJmVuY3J5cHRlZElkPUEwODgyOTkyMkk1WFBVCVjZQMjFTMCZlbnNyeXB0ZW50ZW50ZW50MTE2NTl4OFowQjBFVUI5MTdZJndpZGldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlia1JlZGl5ZW50JmRvTm90TG9nQ2xpY2s9dHJ1ZQ=](https://www.amazon.com/REEHUT-Set-Speed-Hurdles-Plyometric/dp/B078JS3XYX/ref=sr_1_1_sspa?dchild=1&keywords=running+wickets&qid=1610132901&s=sporting-goods&sr=1-1-spons&psc=1&spLa=ZW5jcmlwdGVkUXVhbGlmaWVyPUEwOFg2WVQ0MkxKMkFJmVuY3J5cHRlZElkPUEwODgyOTkyMkk1WFBVCVjZQMjFTMCZlbnNyeXB0ZW50ZW50ZW50MTE2NTl4OFowQjBFVUI5MTdZJndpZGldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlia1JlZGl5ZW50JmRvTm90TG9nQ2xpY2s9dHJ1ZQ=)

- Hula Hoops (5+) \$50

- Medicine Balls (5+) \$250-400

[https://www.amazon.com/Champion-Sports-Exercise-Medicine-Leather/dp/B000KYOX4K/ref=sr\\_1\\_9?dchild=1&keywords=medicine+ball&qid=1610133362&sr=8-9](https://www.amazon.com/Champion-Sports-Exercise-Medicine-Leather/dp/B000KYOX4K/ref=sr_1_9?dchild=1&keywords=medicine+ball&qid=1610133362&sr=8-9)

- **Vertical Agility Poles (10+) \$150**

[https://www.amazon.com/Bluedot-Trading-Soccer-Training-Poles/dp/B00NP9WJBG/ref=sr\\_1\\_2?dchild=1&keywords=vertical+agility+poles&qid=1610133421&sr=8-2](https://www.amazon.com/Bluedot-Trading-Soccer-Training-Poles/dp/B00NP9WJBG/ref=sr_1_2?dchild=1&keywords=vertical+agility+poles&qid=1610133421&sr=8-2)

# SASA Performance Training Program

Board:

This is a program very similar to SLSG and other major club to support player development. I think this is a key area of our improvement and set us apart of other clubs in Central Illinois. This is also could be a program that add some additional money to the club.

<http://www.slsgsoccer.com/training/missouri/performance-training>

We would open this program to CIU as well to benefit our clubs.

Will have a performance trainings & injury prevention program for our competitive & rec players.