



EDINA SOCCER CLUB 9 - 12 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: Edina High School Weightroom

Training Schedule: January 24 – March 6

- Wednesday & Friday | 3:45 – 5:00 PM
- 13 Total Sessions (1/24, 1/26, 1/31, 2/2, 2/7, 2/9, 2/14, 2/16, 2/21, 2/23, 2/28, 3/1, 3/6)

COST & REGISTRATION

Package Option	Cost	Registration Link
3 Pack	\$60	TrainingHAUS.com/ESC-2024-P2-912-3pack
6 Pack	\$100	TrainingHAUS.com/ESC-2024-P2-912-6pack
9 Pack	\$150	TrainingHAUS.com/ESC-2024-P2-912-9pack
13 Pack	\$220	TrainingHAUS.com/ESC-2024-P2-912-13pack

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