



Performance Training for Victory Soccer

We are so excited to help you perform this season!

Elite Speed Sports Performance is committed to the highest level and quality of performance training. Our performance training with Victory FC Soccer Club will focus on proper movement mechanic coaching specific to each position on the field; first step, change of direction as well as plyometrics. We will also emphasize injury prevention focusing on hip activation/mobility, knee/ankle stability and strength as well as nutrition and recovery coaching.

Session Date / Time:

- **Days - Wed - Feb 5,12,19,26**
- **Times - 5:30 pm-6:30 pm**
 - 4 total sessions - Starting Feb 5

Location:

175 Inverness Dr West, Englewood CO, 80012

Training will include:

- Sport specific movement mechanics
- Proper Strength Training Progressions & Mechanics
- Pre & Post Testing
- Recovery
- Injury-prevention

\$99 Per Player
**Click Here for link for
payment**



ELITE SPEED SPORTS PERFORMANCE

Visit our website or contact us for more information.

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