



Sports Medicine: Youth Programs

KICKERS: Soccer Performance Enhancement

Program developed to improve core and lower extremity function. KICKERS takes athletes through an intense, functional and fun program consisting of exercises, drills, cardio training and education. Strength, speed and agility will be developed and enhanced in an environment of excitement and energy.

Program Objectives

- Improve cardiovascular endurance
- Increase quad and hamstring strength
- Develop custom warm-up and cool-down programs
- Enhance running form to improve performance
- Improve upper and lower body dissociation

Program Focus

- Build functional strength, coordination and agility
- Provide hands-on stretching techniques for a proper warm up and cool down
- Pre and Post Video Analysis Testing of running form
- Core body strengthening

Program Provides

- Six one-hour sessions over two weeks
- A personalized exercise program for “off days”
- Core and lower extremity strength training
- Individualized warm up and cool down routines

For more information contact:

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