



GIRLS SOCCER

PERFORMANCE TRAINING and ACL PREVENTION PROGRAM

Come and train with Peak Energy Performance this summer! Training here has two purposes:

1. Improve your footwork, quickness, strength, and aerobic/anaerobic fitness.
2. Give attention to the health of your ACLs! You will gain specific instruction on proper posture, cutting, running, and jumping mechanics—**critical factors to the health of your hips, knees, and ankles!**

PROGRAM DETAILS

No more than 4 athletes per session

- PHASE I Posture/Balance/Mobility (\$100/Athlete)
 - a) 2 x 45 min sessions per week.
 - b) 2 weeks
 - c) You will gain skills to improve posture and balance. You will be taken through an extensive dynamic mobility routine, which will include specific exercises to target stability in your ACL and MCL.
 - d) Testing measurements: At the beginning of this phase, you will perform a series of performance tests (vertical jump, long jump, agility test, sprint test, etc) that will give us your baseline measurements and offer insight into which areas of your athleticism need the most attention.
- PHASE II Speed/Agility (\$150/Athlete)
 - a) 2 x 45 min sessions per week
 - b) 3 weeks
 - c) In this phase, you will apply correct posture and stability to your sprint mechanics and agility. You will go through multi-directional runs, agility ladders, and footwork drills all while improving your overall fitness levels. You will see significant improvement in lower body quickness, coordination, and ability to change direction.
- PHASE III Strength/Power (\$150/Athlete)
 - a) 2 x 45 min sessions per week
 - b) 3 weeks
 - c) In Phase III, you get to apply your new skills while “under load.” You will do bodyweight circuits, light jumping, short bouts of sprints, and medicine ball throws. These activities, when done with proper form, will be paramount to your ACL health. This phase is NOT simply a weight lifting course. You will learn how to fire your muscles efficiently while under load. Your coordination and speed, along with an overall increased workload, are the main focal points during Phase III.
 - d) Testing measurements: At the end of this phase, you will be re-tested **and provided video analysis** so you can see clear evidence of your improvement during this course.

PROGRAM DATES

PROGRAM 1:

MAY 11- JULY 3 (WE ARE FLEXIBLE! SPECIFIC TRAINING DAYS/TIMES WILL BE BASED ON REQUEST OF ATHLETES)

PROGRAM 2:

JUNE 1 – JULY 24 (WE ARE FLEXIBLE! SPECIFIC TRAINING DAYS/TIMES WILL BE BASED ON REQUEST OF ATHLETES)

MORE QUESTIONS? WANT TO CONTACT US?

If you would like to improve your performance on the field and significantly cut your risk of injury, please contact our Director of Sport Performance, Carrie Lane (carrie@peakenergypt.com). She can also offer more information and specifics about this unique program.

WHY SHOULD YOU TRAIN WITH PEAK ENERGY PERFORMANCE?

As you probably know, female soccer players face a greater risk of knee injuries; up to 4-8 times the number occurring in males. **A 2013 study in the Clinical Journal of Sport Medicine showed a 50% reduction in ACL tears in female athletes that underwent specific neuromuscular instruction to correctly coordinate and fire appropriate muscle groups at critical times during play.** When you train at Peak Energy Performance, you will work in a very small group under the watchful eye of our skilled performance coach, Carrie Lane, MS, CSCS AND our expert sports physical therapists Ben Freeman, PT, MPT, CSCS and David Indovina PT, DPT.

WHY DO WE SPLIT THE TRAINING INTO THREE DIFFERENT PHASES?

- In order to achieve optimal execution of motor patterns, you must first learn proper alignment. All athletic movements consist of a series of soft tissue reflexes that are stretched and released, similar to pulling back and then releasing a slingshot. Your brain and muscles must be trained to set up these reflexes to fire in certain sequential order. When something fires continually out of order, chronic or acute injury can occur. Proper alignment can allow proper firing order and help prevent injury. We believe teaching you a keen awareness of certain body positions is a lifelong skill that will promote health in your joints and soft tissue.
- Once you gain the awareness needed to maintain stability and balance through basic movements, you will quickly progress to more ballistic movements. The next training phase focuses on speed and agility training. This phase is longer and teaches you proper mechanics of faster movement and changing direction quickly.
- It is only after you have learned to properly align your body through rapid movement sequences, that we add load to some exercises. This order of training progression is significantly different than most conventional strength and conditioning programs, which train slower, heavier movements before faster movements. This creates strength imbalances and incorrect neuromuscular firing patterns that are difficult to overcome and detrimental to joints.