

OFF-SEASON SOCCER-SPECIFIC TRAINING

with

BRIAN BOUNDS

WHAT:

This is a comprehensive soccer-specific training program designed to keep your game at the highest level during the off-season and prepare players for their club season. High school boys are encouraged to participate. This performance enhancement program is designed to improve various components of the footballer's game such as speed, agility, footwork, balance, power, coordination, reaction time, flexibility, and strength. Other aspects such as nutrition, recovery and regeneration, injury prevention, vision training, and mental training will be covered providing for a complete and thorough approach to the training of the soccer player. Many of Springfield's top players have participated in this program and have seen great results. This type of training would be a tremendous adjunct for the soccer player and allow them to get a jumpstart on the club season.

WHEN:

The program will tentatively run from December 4th, 2006 through January 7th, 2007. There will be approximately 3 to 4 sessions per week lasting 1 to 1½ hours in length. Dates and times are yet to be determined but sessions will take place at the Lake Country Soccer Dome on Mondays, Wednesdays, Fridays, Saturdays, and/or Sundays. A schedule will be provided prior to the start of the program. Sessions may take place outside weather permitting.

COST:

Program cost is yet to be determined but will range in price from \$200 to \$250. Payment is expected upon enrollment. Payment plans are negotiable if needed and family discounts are available.

CONTACT INFORMATION:

Contact Brian Bounds at 417-496-1418 or email at bounds.brian@gmail.com for further information regarding this performance enhancement program and how the high school soccer player can benefit and take their game to the next level.

Brian Bounds is a physical therapist, certified athletic trainer, certified strength and conditioning specialist, and owner and operator of *Bounds Soccer Systems*. He has been the athletic trainer for the men's and women's soccer teams at Michigan State University, Northwestern University, and Missouri State University. For the last 5 years, he has also assisted the sports medicine staff for the Kansas City Wizards and has recently been named an alternate athletic trainer for US Soccer. Mr. Bounds prides himself in offering the highest quality and most thorough approach to training the footballer resulting in a competitive level of excellence for each client.