



Program Design for 2-Hour Soccer Speed Clinic

Girls Ages 10-13 (example demo)

10:00-10:15 am -Intro and briefing on events and learning names

10:15-10:45 am - Warm-up and mobility exercises

10:45-10:55 am - Regroup/recap/explain next skill/water break

10:55-11:05 am - Core Stability (planks/bridges) & Bear Crawl relays*

11:05-11:15 am - Basic Strength Movements (Squat/push-up)* & Monkey Tag

11:15-11:25 am - Regroup/recap/explain next skill/water break

11:25-11:35 am - Soccer S&A skills (deceleration, hip-turn, foot skills, cone weaving)

11:35-11:45 - Dodge ball (putting some of those decel & agility moves to work)

11:45-noon - Regroup/what-did-you-learn/brief discussion of safety or nutrition

Talk with parents & back-end offer

*Great time for assessments to note and discuss with parents