



MAXIMUM SPORTS CONDITIONING

SOCCER TRAINING PHILOSOPHY

Maximum's philosophy on training soccer players stems from the sport-specific actions they need to build, and the tools that college coaches and professional scouts use to judge the ability and potential of goalies, defenders, midfielders & forwards.

These are:

- Ability to receive & touch
- Ability to change directions quickly
- Ability to pass (crossing, range, accuracy)
- Ability to accelerate and decelerate quickly
- Ability to see the field (awareness)
- Ability to move the feet quickly and under control
- Ability to jump

Based on these skills, soccer players must develop **joint stability, balance, and connective tissue strength** through the ankle, knee, back and shoulders (to support and stabilize explosive jumping, sprinting, changing direction and decelerating), **posterior chain strength and power** (to develop strength through glutes, hips, and legs for jumping ability and speed), **reactive ability, quickness, endurance, and lateral speed** (for first-step quickness and defensive ability), and **core strength** (to stabilize lower lumbar spine, and to aid in control of large motor movements)

Although each position has its unique demands, all soccer players must improve these essential basic motor abilities. A soccer player's ability to run is most often judged by his/her times on a 40 yard sprint. His/her ability to change directions quickly is most often judged by his/her time in a 20 yard shuttle.