

Total Athletic Development's

SPRING BREAK SOCCER CLINIC

FRIDAY April 2, 2010

9a - 1p

Clinic fee \$35.00



CLINIC SCHEDULE:

9-10a - Speed & Agility

10-10:45a - Soccer Drills/Work

10:45-11:15a - Snack Break *(drinks & fruit provided)*

11:15-12p - Soccer Drills/Work

12-1p - Competitions

Total Athletic Development and the Newark Area Soccer Association's Xtabi U12G team will be holding a Spring Break Soccer Clinic Friday, April 2, 2010. The clinic will run from 9a to 1p and is open to both girls and boys age 8-12

The clinic will start with an injury prevention based warm up, then progress to speed and agility work. Next the athletes will move on to technical ball skills work and soccer drills. We will finish by putting all of these drills together in a fun, but competitive setting.

Speed and Agility will be lead by TAD's Certified NSCA Sports Performance Coaches. Technical skills/drills will be lead by Forest Rose(Xtabi U12) & Mike Knox(Lakewood H.S Boys), Licensed Soccer Coaches.

Call:

740-348-6339

To Register Today!

Athletes must be pre-registered.

1845 W. Main St., Newark Ohio

www.tadsports.net

