



Are you interested in helping your soccer player develop to the next level? One-on-one training sessions are now being offered by the CSL coach that recently placed two players in the u14 ODP National Pool. Let Don Leverone, USSF licensed former college player and current CSL travel, high school and ODP coach help your player develop the agility, technical skills and explosive power necessary for today's game.

One hour customized training sessions will focus on developing the complete soccer athlete:

- Learn proper dynamic stretching for soccer
- Soccer and age specific agility and plyometric training
- Develop technical soccer skills
- Develop touches and confidence on the ball
- Reduce risk of ACL injury (girls 12+)
- Proper hydration and nutrition emphasized

The first session will assess and establish an athletic and soccer skill baseline. Cost: \$40 per session.

Space is VERY limited contact Don at 925-1313 or 615-2295 or by email twominuteminor@charter.net for more information.



Personal Training Clinic registration -- Player questionnaire

Player Name	
Player's Age	
Player's club affiliation	
Team name/age group	
Current practice days/times/location	
Level of play (sel/rec)	
Current coaches name & coaches contact number	
Parent's name & contact numbers	
Top 3 strengths (According to player)	
Top 3 weaknesses (According to player)	
Area(s) where player desires to improve in order of priority	