



**Improve Speed \* Technique \* Injury Prevention \* First step explosion**



## ***Speed, Agility & Quickness Training***

**With Lee Swafford – GISA's Director of Coaching**

**Reactions and Quickness \* Straight ahead\* Lateral speed \* Deceleration**

**This is a Soccer specific speed and agility program open to boys and girls 9 years old and up.**

*I recommend this training to all players. It will help strengthen their athleticisms, coordination, acceleration, and overall soccer skills. Personally, this training is what I need to advance not only as a soccer player, but as an athlete.  
– Andy Craven; USA under 17 National Team*

**Each session will cover speed and agility techniques. Athletes will work on developing their footwork, changing directions, explosiveness, balance, proper body mechanics, reactions, and quickness. Incorporating these skills into game related situations also helps improve tactical awareness of each player. Most drills will incorporate a ball with emphasis on using proper techniques throughout the exercises.**

**Soccer is a game of 2 to 20 yard bursts, so soccer players rarely reach top speed. Therefore, acceleration is the most important part of running in soccer.**

**There are also Group Sessions available for 2 or more participants, 1 ¼ hours at \$20 per individual, \$50 for 3 sessions & \$150 for 10 sessions.**

**(Discounts are available for large group sessions)**

**Call 912-222-0007**

**Meeting times, dates and locations are flexible for group sessions.**

*My dedication to soccer and a genuine concern in developing better athletes goes far beyond the field of play and into the field of life. – Lee Swafford*

# Speed and Agility Training Application Form

Childs Name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Email: \_\_\_\_\_

If child has any special needs please note: \_\_\_\_\_

## ***Waiver and Release***

In consideration of the acceptance of this application, the undersigned, for themselves, their heirs, executors, administrators and assigns hereby agree, consent to, and approve of the participation of the applicant in the activities conducted by the Speed and Agility Training and hereby certify that he/she is physically fit to take part in all program activities and properly hydrated.

The undersigned hereby waive, remise, release and forever discharge the Speed and Agility Training, its agents, servants or employees from any and all claims, demands, rights or causes of action of whatsoever kind of nature arising from, or by reason of, any damage loss or injury incurred by the application said activities, his presence on hand premises on which said activities are conducted, or there traveling to or from said premises. The undersigned hereby authorizes the agent, servants or employees of Speed and Agility Training, the act in their name, place, and stead as they in their absolute discretion deem necessary in any emergency requiring medical attention to the applicant.

**Signature of Parent:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Payment is due at the time of registration. Please make check or money order payable to Lee Swafford and submit to:

118 Riverview Drive  
St. Simons Island, GA 31522

### OFFICE USE ONLY

Date received: \_\_\_\_\_ CK#: \_\_\_\_\_ Amount: \_\_\_\_\_