

train like the pros

coerver performance academy



2017 Summer Performance Academy

144 hours of training available each summer

More hours than Spring and Fall club seasons combined, including games

All training hours optional – players may come and go as they please. The program focuses on individual technical development, including technical, mental, speed & agility, game analysis, and free play sessions. Find out more at coervercarolinaspa.com!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30pm	mentality- transition explode into attack	technique- passing (driven)	technique- shory passing	technique- performance academy training	technique- shooting (cristiano ronaldo technique)	technique- fir touch
30pm	technique- moves 1v1 stops and starts 2	soccer tennis + specific 1 on 1 work	small sided game- heads and volleys, 60 seconds	small sided game, 5v5 optimum	technique- moves 1v1, fakes and feints	techniq perform academy
30pm	technique- aerial control	technique- performance academy training	technique- moves 1v1, Change of Direction- 180 turns 2	technique- shaping the pass	mentality- transition	speed circuit

May 30 – July 21

1770 Camden Hwy
Sumter

Training is offered Sunday
through Friday*
5:30 – 8:30pm

8 weeks! 144 hours!

*Check registration location for details



[Register now](http://coervercarolinaspa.com) at coervercarolinaspa.com

8 week, 12 day, and 6 day enrollment options

For more information, contact pa@coervercarolinas.com

COERVER®
COACHING CAROLINAS

