



Blast training is designed to be highly technical, demanding, repetitious and challenging. It takes players able to work hard with a willingness to fail in order to truly improve. Blast training involves efforts on and off the field to fully develop today's player for tomorrow's game.

Blast High Level Training Program

ON
FIELD
DEVELOPMENT

Our work on the field develops the technical skills and confidence necessary to compete at higher levels.



BALANCE.

Do we pass and shoot with both left and right feet? Can we receive and cut to our left as well as we can cut to the right?

Blast technical training focuses players on developing balanced skills in order to be effective players.



CONTROL.

Can we receive a ball, keep it close? Do we take advantage of opportunities to attack? Are we hard to predict?

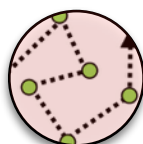
Blast Technical training focuses players on controlling a ball and managing it into and out of pressure situations.



ACCURACY.

Do our passes find their targets? Are we able to put our shots on goal with as much precision as we do power?

Blast Technical training focuses players on being increasingly more accurate in their passes and controlled in their shots.



PRECISION.

Can we connect strings of purposeful passes together that involve all our players? Do we all work well together?

Blast technical training establishes a possession style of play that requires all players are engaged and involved.



CREATIVITY.

Are we willing to take chances and challenge ourselves in order to reveal our true ability? Are we artists, performers or both?

Blast technical training not only develops technical skills, but a desire to use them with confidence and creativity.

OFF
FIELD
DEVELOPMENT

Our work off the field prepares us physically and mentally to be successful in the most competitive environments.



STRENGTH & FITNESS.

Are we building bodies for soccer? Are we increasing our physical abilities to sustain high level training and competition?

Blast strength and fitness training prepares players bodies to compete at higher levels over longer periods of time.



BLAST CLASS.

Do we spend time better understanding the game and how our skills help make us improved players; improved teams?

Blast Class opens players minds, increasing their awareness of the game beyond the skills we develop in training.



TRAVEL.

Where will players be challenged beyond what is comfortable to truly increase their ability? Where does the "next level" live?

Blast travel takes us where soccer is at its best. From these experiences, we realize what we are truly working toward.