

BLAST

This is No Ordinary Soccer Club

DOUBLING-DOWN ON SUCCESS:

Fitness-Strength-Technical Skills

After several years of reaching Regional and National level post-season play, Blast will be adding to our training regiment to increase the number of opportunities we have to compete regionally and nationally.

Blast players saw success from 2021 and believes an increased training regiment and more touches on a ball that challenge both fitness, coordination and focus will help us reach for higher goals.

A commitment to Cognition Ignition and Player Nutrition programming will help our players become more in control of their destiny and more disciplined in their approach



6-12 Class Session; 75-155 Field sets; 30-40 games	10-20 Fitness sessions; 10-15 Strength sessions	10-20 Technical sessions; 10-15 Shooting sessions
Regular training: fall, winter, spring, summer	Soccer-specific strength & agility (hamstring, load-unload)	High touch count to improve first touch receiving
Competitive scheduling: games, scrimmages	Ball work at higher speeds, high touch count.	Targeted gates to monitor passing accuracy
Travel coordination: Regional & Nationals events	Fatigued ball movement & "heads-up" change of direction	Elevated and spinning balls to increase control
Blast Classes: Cognition, Tactical, Team Bonding	Pliometrics for soccer related movement	Pair, trio and quad player to manage movement