

# Soccer Training Benefits

Ever wonder how to take your game to the next level? Just practicing and playing soccer games will only carry the athlete so far. Making yourself a complete player will give you the edge you need to excel in soccer. Become an offensive force on the field or a lockdown defender against your opponent. One step too late and you don't make the play. Let Game 7 kick your game into the world cup. Our program will challenge every athlete physically and mentally. Whether you're an athlete who wants to succeed in your youth sports program, a high school athlete who wants to excel at the varsity level, an athlete who has aspirations of playing collegiate sports, or playing professionally, Game 7 can help you gain the edge to meet your goal. Our training programs will help soccer players develop game breaking speed, power, strength, a lightning quick first step, and explosiveness. Our mission is to make you the most complete soccer player you can be.

**With Game 7 the athlete will increase speed, quickness, agility, hand-eye coordination, quicker reaction time, strength, power, and explosiveness.**

**Here is what the soccer athlete will develop with Game 7:**

**1) Speed, Quickness, & Agility:**

Whether its defense or offense, having a quick first step will determine who has the advantage and the extra step to the ball. By having that extra burst of speed and quickness the athlete will be able to cover more ground. Game 7 will train you to develop the proper mechanics necessary to develop quick foot speed and become more agile. We'll train you through a variety of agility and speed drills to increase your speed and mobility. Game 7 will strengthen your footwork and speed so you have greater movement laterally, forward, and backpedaling. We will show you how to have greater body control.

**2) Strength & Power:**

Soccer will challenge your endurance and physical strength. The athlete must be strong to maintain ball control and have elite lower body strength. Game 7 will train you through a variety of innovative techniques that will focus on muscle recruitment exercises, core exercises, and lower body exercises and drills so you will have the strength and power to dominate. We'll show you how to be stronger and much more physical with our training programs.

**3) Foot-Eye Coordination & increased reaction time:**

Coordination, balance, footwork, and reaction time are all critical components to sustaining ball control. Through a variety of reaction drills we will teach the soccer athlete how to move with and without the ball.

**Leave everything on the field with Game 7**

[www.game7sports.com](http://www.game7sports.com)