

# ESP'S PERFORMANCE POINTS

## February Newsletter



### Next Month:

- Recovery Programs
- Hydration Ideas
- MAT Program

Contact ESP with any questions or comments at 329-4023 or via email—[Tristan@elitesportsperformance.net](mailto:Tristan@elitesportsperformance.net)

\*\*\*Remember to bring a copy of this newsletter to ESP for a free performance assessment\*\*\*



## ATTENTION ATTENTION: WARM WELCOME

We would like to start by saying how excited we are to work with your athletes. It is awesome to see the improvements they get each week! Keep up your commitment to improvement and it will payoff over the course of the season. We look forward to working with your athletes for the remainder of the Spring and for seasons to come.

## COACH'S CORNER: STRENGTH OR SPEED?

WHY NOT BOTH? Studies show the #1 predictor of athleticism to be strength to bodyweight ratio. What does this mean & how does it apply to soccer? It simply means that improving total body strength will give athletes the most bang for their buck. By making yourself a stronger athlete, you will reap the secondary rewards of improved power, agility, injury prevention, and yes even SPEED. Here is a sample strength program to gain speed during the season. Athletes should perform 3 sets of this program 1-2 days per week on opposite days of their team training sessions. Once athletes execute the movements properly, they can time themselves through the circuit and try to complete the circuit faster each set. They can also add load to each exercise every 2 weeks for more difficult progression:

*PERFECT TEN—10 squats, 10 split squats (each leg), 10 pushups, 10 straight leg sit-ups, 10 squat jumps, 10 pull-ups*

## NUTRITION TIPS : DOWN TO EARTH

We are not here to tell you that broccoli is good and pop tarts are not (but they are). In order to get the highest level of performance out of your body, you must give it the best sources of fuel. Between the lines, you literally are what you eat! If you eat well consistently, then you will play well consistently— it's that simple. When it comes to food choices, athletes should follow this guideline—"down to Earth." This simply means to avoid processed, refined, and packaged foods as much as possible. What are healthy but tasty snacks to enjoy before a game or practice?

*Fruit, trail mix, yogurt, granola, or a SMALL sports drink (10-12 oz) are great choices! Remember eat well & play well.*

## FINAL WORD: KEEP UP THE GOOD WORK

The Spring program has started extremely well! The athletes have worked hard and given great effort at every session. Keep up the good work and continue trying to get better every day!