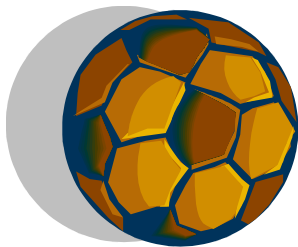


# ESP'S PERFORMANCE POINTS

## March Newsletter



### *Next Month:*

- Speed vs. Acceleration
- Hydration Ideas
- Flexibility & Mobility
- Summer Camp Info

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 offering a special thanks to all of the VHSC athletes & parents. We are excited to be back out at Liberty Park working with you guys. We look forward to working with your athletes for the remainder of the Spring and for seasons to come.

## COACH'S CORNER: CHANGE OF DIRECTION

An athlete's ability to change direction is an extremely important aspect of soccer performance. But *HOW* a player changes direction on the field is *THE MOST* important measure of performance. Players who change easily & efficiently can make the game look very easy, where as less agile athletes seem as if they are working against themselves. The players should focus on getting into & out of their changes quickly while driving the movement from their hips.

## YOU ARE WHAT YOU EAT: PRE-PRACTICE MEALS

A simple rule on the topic of nutrition is good food = good performance. In this case "good" means better for the body and an overall healthy food choice. An athlete's pre-practice/training meal should consist primarily of carbohydrates with a moderate amount of protein and fat. One example would be a turkey sandwich & a piece of your favorite fruit. Athlete's should consume their pre-practice meal roughly 90 minutes before the session. These are general rules to follow, but you can contact ESP for more individualized information.

## FITNESS FACTS: HEART RATE TRAINING

When it comes to fitness—how hard is hard? The only way to truly assess the difficulty of a fitness session is to measure heart rate. An athlete's heart rate shows the specific exertion level of THAT athlete during THAT session. In general, the fittest players can keep their heart rates at or near max for longer periods of time. During the Spring sessions, we will be administering a our battery of fitness tests and discussing the benefits of heart rate based training with each team.

## FINAL WORD: KEEP UP THE GOOD WORK

The first half of our Spring program has gone 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 time you step on the field.