



Ladner Girls Soccer Club
Speed & Power Development Camp
2009-2010 Season

LADNER GIRLS SOCCER IS PLEASED TO INTRODUCE ITS NEW PARTNERSHIP WITH ADAM PLUMMER AND HIS SPEED SCIENCE DEVELOPMENT PROGRAM. ADAM PLUMMER WILL BE RUNNING HIS SPEED CAMPS THIS FALL STARTING IN LATE SEPTEMBER.

Speed-Agility-Quickness Training:
The New Age in Player Development

Adam Plummer MSc, PES

founder of the power development company "Speed Science". Adam did his Masters of Science Degree in Performance Enhancement and Injury Prevention(2007). Adam is certified by the National Academy of Sports Medicine as a (PES) Performance Enhancement Specialist.

While obtaining his degree in Exercise Science at UBC Adam was awarded CIS All-Canadian honors as a varsity soccer player. He was then taken by the Vancouver Whitecaps in the 2001 draft but unfortunately suffered a career ending knee injury that same year. Adam used this devastating event as the driving force in developing a training system that focuses on teaching athletes to move safely and effectively at high speeds. He has already introduced 3000 young athletes to the Speed Science training system.

For the last 4 years Adam has held the position of Head Speed & Strength Coach for the 2005 & 2007 CIS National Champion UBC Thunderbirds Men's Soccer Team

PROGRAM:

Dates: 10 weeks (10 Fridays)
Starting in late September or early October

Times:
Group 1: 6:00pm – 7:20pm
Group 2: 6:30 – 8:50pm

Ages: Groupings are to be 8-12 year olds together & 13-18 year olds (**highly developed 11 year olds could be moved to the older group)

Cost: based on a minimum of 15 and a maximum of 25 athletes / per group
= \$175 / per player

SESSION STRUCTURE:

DAY 1 & 2: proper warm up for speed, performance posture, performance balance, efficient body mechanics.
DAY 3 & 4: acceleration sprinting technique, explosive first step technique, performance agility technique.
DAY 5 & 6: explosive lateral movement technique, backward movement technique, cutting speed technique.
DAY 7 & 8: top speed sprinting technique, explosive jumping technique, breathing to conserve energy.
DAY 9 & 10: during the last two days the kids will test their new skills in a speed circuit competition.
Please send in the attached form to register for this 10 week course.

**This program is open to female players outside Ladner,
If you have any questions please feel free to contact;
Jodie Schwuchow, Registrar. Tel: 604.946.1808 jodie.schwuchow@dccnet.com - or
Lisa Gerrard, Registrar. Tel: 604.946.8295 lgerrard@telus.net**