



## **WINTER SOCCER SPEED AND AGILITY CLINIC FOR GIRLS**



**Join Melissa Bierman and TJ Wheeler for this innovative 6 week soccer clinic for your youth athlete.**

The clinic will involve:

- Dynamic warm up
- Agility drills (4 corners, ladders drills)
- Speed drills to work on first step quickness
- Plyometric work to increase explosive power
- Core exercises
- Foam roller self-myofascial release and stretching

**Date: February 6 - March 13**

**Location: Gym**

**Time: 11:30 a.m. - 1 p.m.**

**Fee: \$150**

Sign up at the Front Desk.