

**MOMMERTZ SOCCER ACADEMY / ELITE SPORTS ACADEMY  
WINTER TRAINING PROGRAMS 2009**

**WHAT:** 2009 MOMMERTZ SOCCER ACADEMY WINTER TRAINING (DECEMBER / JANUARY)

**WHERE:** Old Berry Middle School (At the intersection of Highway 31 and Interstate 65)

**WHEN:** December 2009 – January 2010

- Monday & Wednesdays or Tuesdays & Thursdays, and Select Saturdays thru December / January
- 5:00 to 7:00 PM
- 7:00 to 9:00 PM
- All Sessions 2 hours (combination of Performance Training and Mommertz)

**WHO:** Players aged U11-U15 from ANY club (U10 Players are subject to approval)

**COST:** See Below

- \$250 (6 Week Session, December – January) \*Deadline to register is December 4, 2009
- \$200 (4 Week Session, January Only) \*Deadline to register is December 29, 2009

**REGISTRATION**

- Registration Form
- Liability Waiver

**PURPOSE:** To provide **committed** players affordable training to supplement their current off-season training program and/or to give players an opportunity to continue their training in the off-season (winter). Many players need and desire longer lasting effects that a 4-day camp will not give them. Many soccer camps generally run 4 days, and the kids might not do anything else all break. If you are looking for long lasting effects and results - continuous regular training is the way to go for the **committed** and **serious** players striving for excellence.

**MOMMERTZ PHILOSOPHY:** the main focus of training is technique. Intensive repetition of the fundamental techniques with a focus on quality. Quality repetition: perfect practice makes permanent perfect. Among the techniques to be mastered are moves to beat opponents (Mommertz), dribbling, passing, shooting, crossing, heading; basic defensive techniques (pressure, cover, balance), and basic attacking techniques (wall, overlap, and diagonal running). Practice will be geared to the level of the individual and / or team.

**ESP PHILOSOPHY:** to enhance the physical and technical abilities of all attending players. ESP will challenge each athlete to maximize his or her athletic performance. Our soccer performance program will emphasize the following:

1. Strength
2. Speed
3. Power
4. Agility
5. Endurance

Since its inception, Elite Sports has adopted the following philosophy – **maximize our athletes' abilities thereby helping them reach their full potential on the field of play**. The company's training method can be characterized by the following concepts:

1. Innovative and research based program design
2. The promotion of proper strength training and exercise techniques to our athletes
3. The athletes' improved athleticism and reduced risk of injury
4. A challenging yet encouraging environment

With its concise focus as well as the urgency ESP places on reaching the needs of each athlete, it is clear why Elite Sports Performance is known as the place *"where the better become the best!"*

**GOAL:** to build confident, well-adjusted, creative, attack minded, freethinking players.

**INSTRUCTORS:** Jason Woodall, Tristan Tillette, and staff...

- Email [Jason Woodall](mailto:Jason.Woodall@elitesportsperformance.net) to sign up or call 205-948-3838.
- Visit our websites for updates and more information regarding programs and registration.
  - [www.elitesportsperformance.net](http://www.elitesportsperformance.net)
  - [www.mommertzsoccer.com](http://www.mommertzsoccer.com)
- Mail Registration form and Liability release along with checks payable to **Mommertz Soccer** and mail to:

**Mommertz Soccer Academy / Jason Woodall  
Attn: 2009-2010 MSA/ESP Summer Training Programs  
3003 Cherokee Road  
Birmingham, AL 35223**

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or email Jason Woodall at [mommertzsoccer@gmail.com](mailto:mommertzsoccer@gmail.com)

**[www.mommertzsoccer.com](http://www.mommertzsoccer.com)**