

BSA SPEED & AGILITY CAMP 2023

This is a program to get athletes prepared for the fall season. It is focused on building an explosive first step with and without the ball. Athletes are in situations to create dynamic multidirectional exercises to create quick and explosive movements and improve overall strength. The goal of the program is to increase quickness, enhance coordination, maximize speed, and develop an all-around improved fitness level.

Where: BSA Soccer Complex

When: July 31 -August 3
2013-2015 Birth Years 9 am – 10 am
2010-2012 Birth Years 10:15am – 11:15am

Equipment: Participants must bring ball

Cost: \$60 (SAVE \$10 WHEN YOU REGISTER BY JUNE 15!)

Duration: 1 hour per Day