

There are Soccer Players and Those that Play Soccer.
Which are You?



BECOME A BETTER SOCCER ATHLETE

Athletic Republic soccer performance training is designed to help your child become a better athlete by making him/her faster, more agile and more powerful. Optimizing these factors is often what separates the merely good soccer players from the great ones.

ATHLETIC  **REPUBLIC®**

When Being Good is Not Good Enough



The Numbers Don't Lie

When the Athletic Republic soccer training protocols are utilized, the following average performance improvements were achieved:

- ☆ **0.2 – 0.4 seconds in 40 yards, which equals 6 – 10 feet of separation**
- ☆ **2 – 4 inches of vertical jump height**
- ☆ **5 – 8 inches in standing long jump distance**
- ☆ **3 – 10 mph in kick speed**
- ☆ **20% gain in peak force and power**
- ☆ **33% increase in foot speed**
- ☆ **Significant improvements in running stride efficiency**

Not long ago, on-field talent determined greatness. In today's ultra-competitive environment, what separates superstar soccer players from everyone else their general athleticism. It is their speed, agility and strength that can raise their game to an entirely new level.

When greatness beckons and being good is not good enough, Athletic Republic, the nation's leading soccer performance training program, provides the roadmap for success. At the intersection of sports, technology and science, Athletic Republic training can help your child unlock their athletic potential and achieve things on the field that where never dreamed possible.

Joining a network of 130 locations worldwide, an Athletic Republic Training Center is now located at the House of Sports. For more information on how your son/daughter can achieve their goals and to sign up for a free trial workout, please call 914.479.5419 or visit us on the web at www.houseofsportsny.com.



Getting Better Starts Here

Soccer is a game of speed, ball control and agility. It is also a game of physical toughness. Being able to outlast an opponent in the ninetieth minute becomes possible when an athlete is in the best possible shape. The Athletic Republic soccer performance program uses patented protocols that generate measurable results in a soccer player's speed, strength, power, agility and stamina.

The components of our soccer performance training include:



Speed Training: In soccer, speed is essential on both sides of the ball. To get faster and more explosive, soccer players have to teach their body to move faster. Our Super Running Treadmill ramps up from 0-28 mph in less than 3 seconds pushing soccer players beyond their ground-based training limits by forcing them to run more efficiently, reach peak speeds and maintain them for longer period of time.

Strength Training: In soccer, it is harder to knock stronger players off the ball. A soccer specific weight-training program promotes balance/stability and also reduces the risk of injury. Players utilize resistance cords, free weights, medicine balls, and physio balls to strengthen muscles, joints and connective tissues. These exercises are biomechanically specific to on-field skills including muscle movements used in shooting and passing.

Plyometric Training: Plyometric training is a form of lower-body explosive power training which will increase a soccer player's ability to jump higher, kick harder and increase on-field stability. The Athletic Republic Plyo-Press Machine (PPM) dramatically improves leg strength. Versus traditional squats and hip sleds, the PPM is a safer and more effective way to train.

Agility & Balance Training: Soccer players change direction hundreds of times per game. In order to improve agility skills, Athletic Republic utilizes its patented Pylo-Floor. This is a cushioned wood surface with exclusive patterns and quick lock resistance cord hooks to maximize quickness and explosiveness while improving dynamic stability, essential for improving movement skills and overall athleticism.



PLYO PRESS 625 III



ATHLETIC REPUBLIC®

When Being Good is Not Good Enough

Athletic Republic, at the House of Sports, offers soccer performance training for small groups, teams and individual soccer players of all ages and abilities. Training sessions are offered after-school, week-day evenings and weekends.

Depending on the player's performance goals, we offer 1, 1.5, and 2 hour training sessions that can be bought in packages of 4, 8, 12, 16 and 24 sessions. Research has proven that athletes achieve the greatest results by training with Athletic Republic at least twice a week for 8 weeks (16 sessions). The most common training program are as follows:

Acceleration 60: A one hour session that is designed for students enrolled in the House of Sports Soccer Academy who want to train before/after their skills clinics. This option can also be used by in-season athletes that wish to maintain their performance progress. A session will include the following:

- Pre-test Athlete Assessment
- Dynamic Warm-up
- Super Treadmill sessions – running mechanics and endurance
- Pylometric training sessions – agility, dynamic stability, core strength, quickness and explosive power
- Post-test Athlete Assessment

Acceleration & Strength 90: A 90 minute workout session that is designed for the pre-season athlete. A typical session will include same workout components as above but will also include age appropriate strength/power training.

Acceleration & Strength 120: A two hour session that is designed for the high school pre-season athlete. It includes everything offered above with an additional 30 minutes of intense strength training utilizing our custom racks.

Athletic Republic is now located at the House of Sports,
Westchester's Olympic-style indoor athletic training facility.

www.houseofsportsny.com | 914.479.5419