



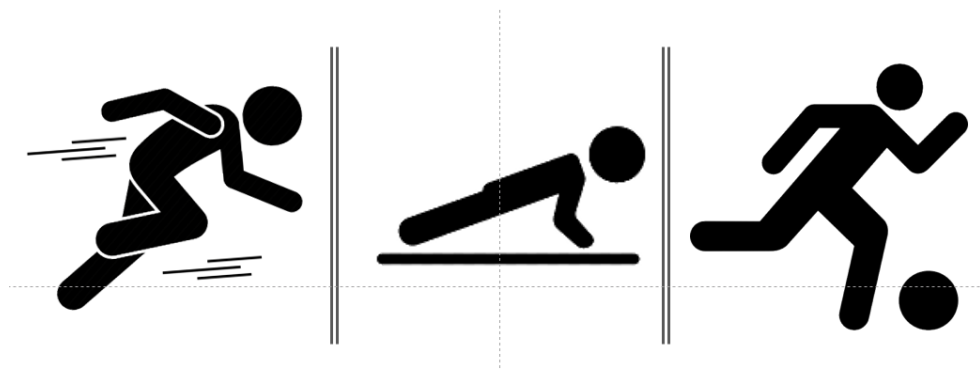
ARIZONA SPORTS COMPLEX NEWSLETTER

What could I do to improve my game?

Analysis of one's strengths and weaknesses is paramount to answering this simple question. What you do well as well as what areas could be improved upon have to be answered honestly and openly before any training program should be started.

With this being said, there are key fitness components that will contribute, or when lacking, hinder a player's development. Strength is first and often the most over looked in our players. How strong they are will determine their ability to produce power on the field for speed and to be able to win balls in tight spaces. It will determine who will win balls in the air and who wins tackles on the ground. If a player is technically strong, but physically weak they will lose one way or the other.

Endurance. How long a player can withstand the rigors of the game and adjust to the differing demands of the game is an essential element of the modern-day footballer. The team that can physically outlast their opponents will have more of the ball and create more opportunities in the final third of the game. Did you watch the most successful team at any level? Endurance is not just defined by how long or far one can run, but how long can they continue to produce over a period of time. It is a such a crucial component of any team's success.



Speed is another fitness component needed in any footballer. Speed Kills! The faster you are in recovering, tracking down a ball, beating an opponent to get into a scoring position the more likely it is that you will have positive results. Speed is a component of both strength and flexibility and although many are born to speed, most others must develop it. It requires time, technique and training and repetition.

Other often over looked parts of this physical puzzle are strength endurance (ability to produce power over time) and power (strength in a period converted to energy). Finally, and not so lastly are flexibility and co-ordination. Flexibility is the elastic ability of tissue to prevent injury and allow for faster recovery and co-ordination speaks for itself. All components are the building blocks that we as physical therapists, strength trainers and fitness experts should use to help our athletes/players to become the best.

Let's not also forget the ball mastery and working on your touches as it has also as important as other areas we just went over. The more touches the player has on the ball, the better they will be at controlling it in the long term. It must also be mentioned that it is not just about the number of touches of the ball, its about quality touches. Using a quality training session that will continue to improve your game.

Taking time to work on your game to help take it to the next level can be very beneficial and the best thing about our Complex is that we have it all available for your child under one roof. So, if you child is looking to improve in any of these areas, just reach out to me and I point you in the right direction.

We also want to take a moment to congratulate last week's Character Card Winners! Great Job to all the players!

🏆 A. Ellis U8 Coach Ethan T. Fire

🏆 A. Padilla U12 Coach Trevor West Brom

🏆 A. Nguyen U8 Coach Trevor Earthquakes

🏆 G. Rodriguez U14 Coach Marco Sampdoria

🏆 T. Blauvelt U10 Coach Sal Sporting

Please stop by the front desk to pick up your prize next time you're here.

Thank you for taking the time to read our weekly newsletters.

George Archuleta

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ASC Director Youth Soccer