



FCCA Speed, Agility and Technical (SAT) Classes

FCCA is proud to introduce the FCCA Speed, Agility and Technique (SAT) program to our members. The SAT program has been designed specifically for FCCA's players as an added session, free of charge for their development in soccer throughout the season.

Program Philosophy:

FCCA SAT "Classes" are run by professionally trained coaches focusing on three main areas, *Speed, Agility and Technique*. These three areas are crucial in the development of the modern soccer player. The FCCA SAT program involves a series of training blocks and soccer specific exercise's designed to enhance the player's technique, strength and power, as well as increase their quickness, explosiveness, active and reactive speed to be better equipped to keep up with the constant change of direction and pace of the game.

Speed: Speed is used in the physical part of the game as well as mental speed. Working with our trained professionals on staff we can show how speed is important and how to increase the players explosive first step, first 10 yards and, 40 meter dash. Speed of thought will also be worked on through demanding technical sessions, pushing the athlete to make quicker/better decisions.

Agility: Soccer players need to be agile in order to effective. Whether it's making a full-stretch save or scoring the diving header is down to an athlete's agility. Working with our trained professionals on staff we make sure each player is getting the correct training to increase the player's agility, flexibility and vertical jump.

Technique: Whether the technique is striking the ball or controlling arm movement when sprinting, technique is essential to introduce and develop to our soccer players. By improving our athlete's technique at a young age with and without the ball, our players will vastly improve on every aspect of a player's technique.

Program Goal:

FCCA is providing SAT classes to make players within our club aware of how important the correct training is to make themselves well rounded athletes. We believe that if we can make each player understand the importance of Speed, Agility and Technique, they can then incorporate that understanding into their own training. Helping players to understand how their bodies move effectively and how to get the most out of what they have will aid in their natural progression as soccer players.

FCCA SAT Coaching Staff:

Adam Riddle

- Co-owner and facility director of Athletic Republic of Charlotte
- Adam brings 10 years experience in personal training and over 8 years of experience training athletes of all ages for sports performance, speed and agility
- Adam also holds a certification through the National Strength and Conditioning Association as a Certified Strength and Conditioning Specialist.

Kyle Gookins

- UNC Charlotte Men's Soccer Assistant Coach
- Former Assistant Coach and collegiate standout at California State University Bakersfield
- USSF B License and a Master's in education.

Stacy Hummer

- 5 years as Assistant Strength and Conditioning Coach for UNC- Charlotte
- NSCA certified as strength and conditioning specialist
- 4 year letter winner at UNC-Charlotte
- 7 years in the W-League with a National Championship in 2002

Sarah Denton

- UNC-Charlotte Women's Assistant Soccer Coach
- 3 years as Head Coach at Pfeiffer University
- Region III ODP Coaching Staff
- 4 year letter winner at UNC-Charlotte

Dates and session topics for SAT Classes:

All Ages will arrive for a 6pm session. Ages U9-U12 will start the session off with a technical session ran by their Technical Director, ages U13-U18 will begin their 6pm session at the Speed and Agility station.

At 6.45pm both groups will switch stations.

Date (Wednesdays)	Ages: U9-U12 Time:6.45-7.30pm	Ages: U 13-U18 Time 6-6.45pm
9/2 (FLP #2)	Passing and Receiving	1V1 Defending
9/9 (FLP #2)	Dribbling	Small Group Defending
9/16 (FLP #2)	Turns	1V1 Attacking
9/23 (FLP #2)	“Killer” Moves	Small Group Attacking
9/30 (FLP #2)	1V1 Attacking	Passing and Receiving
10/7 (FLP #2)	Finishing	Finishing
10/14 (FLP #2)	1V1 Defending	Crossing and Finishing
10/21 (FLP #2)	Heading	Individual Ball Control
10/28 (FLP #2)	Small Group Attacking	Heading
11/4 (HAYES)	Dutch Tournament	Dutch Tournament