

# STACK

## VELOCITY SPORTS PERFORMANCE

### Sabres Summer Speed Training

Dates: Every Monday & Friday in July from 7-8 pm  
Every Friday in August from 7-8pm

Location: Sabres Fields, cost is \$75 one time fee

**Speed:** Our speed program teaches the correct mechanics of starting, accelerating, and maintaining top speed. We place heavy emphasis on body alignment, leg-action, and arm-action with drills designed to permanently reprogram the athlete's movement patterns. You will notice near immediate increases in speed.

**First Step Reaction:** A quick first step is essential to get past a defender. STACK Velocity training will increase the speed and reaction time of that crucial first step. We utilize drills where the athlete starts from multiple game-like positions that reinforce effective body alignment, and then initiate their movement with reaction to verbal and visual cues.

**Change of Direction:** Your soccer athletes need to be able to change direction on a dime. Our agility training teaches the optimal technique for efficient movement in multiple directions, including a quick reduction in speed and re-acceleration. Athletes learn to control their bodies, find optimal positions of leverage and force application, while using dynamic footwork and proper leg-drive.



## Full-Package Training for Sabres Members

Sabres members will also be eligible to receive 25% off full-training packages at STACK Velocity Roanoke. These training packages will include even more in-depth running work as well as a weight-lifting program. See below for more information.

**Strength, Power, and Stability:** STACK Velocity's strength and power program is based on bodyweight and free weight movements that mimic positions and actions used on the soccer field. Along with the Dynamic Warm-Up, we include exercises that place athletes in positions that require most work to be done unilaterally (with one leg or one side of the body). Developing unilateral strength plays a large role in avoiding the development of muscular imbalances that incur when dominant sides of the body perform most of the work. Your athletes will be stronger and more powerful in the areas most needed for their sport and position.

**Core Strength:** At the conclusion of each session we use exercises that specifically target the muscles of the torso in order to challenge the strength and stability of the low back and abdominals. Furthermore, because each strength exercise is performed while on the feet, the core is constantly used to support and stabilize bodyweight and weighted implements.

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