



MCR

SOCCER

MCR SOCCER

ELITE PLAYER DEVELOPMENT PROGRAMS

PRECISION
PHYSICAL THERAPY



goperformance[®]
& FITNESS

In conjunction with Go Performance, Eprep, and Precision Physical Therapy we have built a curriculum that is state of the art by combining technical training, strength, conditioning & agility performance with injury prevention, video analysis, and college planning and preparation through SAT/ACT prep and placement guidance



Testing

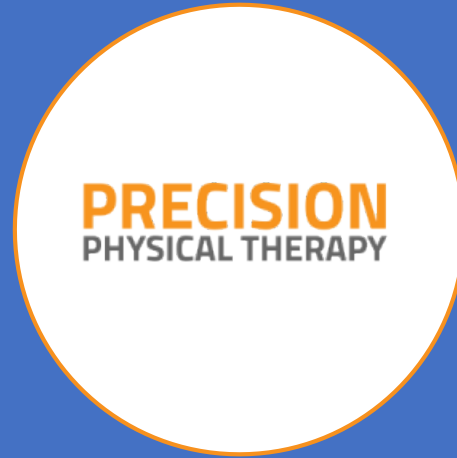
All players will be tested on strength, speed, agility, and explosiveness with and without a ball and results will be tracked and included in each player's file.

Training

4 monthly, once a week combined sessions with Michael Rodriguez and Lane Montgomery from Go Performance working with the cutting-edge curriculum of combining the technical and physical strength program in a 1 hour 15 min session at Go Performance's state of the art training facility in PTC

2 monthly, bi-weekly training sessions with Michael Rodriguez, 1 hour per session working on position-specific training





Injury Prevention, Physical Body Scanning, Recovery and Maintenance

This will include a full-body scan to determine stability and evaluate for muscle strength and balance to help with the S&C to correct any issues that could lead to injury. Each player also gets 6 visits of therapy for regeneration and or overall correction included. This will be conducted at and with the staff at Precision PT, the location is the same as go performance.

Match and Video Analysis

The logo for VEO, featuring the word "veo" in a bold, green, lowercase sans-serif font. The logo is centered within a white rectangular box that has a subtle drop shadow. Below the box, there is a small, light gray rectangular bar.

Video analysis through VEO software of players matches. Breakdowns will be made that will highlight positive and correction analysis. Players will have access to engage with the editing tools to learn and build on the understanding of positing and tactical awareness directly through the software. This could also be used for college highlight preparation. Schedule depending, but players will get about 2 matches a month to include High School matches



College Prep and Counseling

College prep meetings once a month. College prep will consist of meetings individually with each player to build a profile/file that consist of a college placement pathway and working on the structure and planning to achieve the desired college selection of the student-athlete. This includes Summer camp planning/college ID camps as well as personally reaching out to the college staff.



ACT/SAT Prep

This is an online prep test company regarded as one of the top platforms in the country. The package includes a bundle of ACT/SAT/PSAT prep and a 2-year service with access to the premium plus package.

<https://www.eprep.com/courses/new-sat>





In order for the program to truly be successful, we need to implement a 10-month curriculum that will include all data tracking, evaluations, college prep material, academics, and performance feedback. We will build web graphs to include physical, mental, technical, tactical, academics, and more that players will track, and that we can share with college staff. Our goal is to create the most elite environment for committed players to excel and achieve their goals. We are the complete package to developing the superior student athlete on and off the field