



## ***Athletic Development for Solar SC Members***

Michael Johnson Performance has a long history of providing athletic development for Soccer players from collegiate, pro and league teams including:

- Manchester United
- Arsenal FC
- FC Dallas MLS
- Fluminense SC
- English Football Association

### ***PROGRAM INCLUDES***

- 12 session Athletic Development program designed individually for each team
- Pre and post program evaluations to monitor improvement
- MJP branded training shirt

### ***TRAINING OPTIONS***

#### **Team Training at MJP Facility:**

- Limited slots available at discounted rate (\$240/athlete)

#### **Individual Training at Soccer Fields:**

- Age specific group training (\$240/athlete)

#### **Individual Training at MJP Facility:**

- 20% discount on all MJP Core Training Programs

### ***TRAINING ELEMENTS***

**ACCELERATION**

**REACTION**

**BALANCE / STABILITY**

**SPEED ENDURANCE**

**EXPLOSIVE HIP POWER**

**AGILITY / DECELERATION**

**CORRECTIVE EXERCISE**

***For More Information Visit Us At:***  
[michaeljohnsonperformance.com/Solar\\_SC](http://michaeljohnsonperformance.com/Solar_SC)

***Call Or Email For Inquiries:***  
[mike@michaeljohnsonperformance.com](mailto:mike@michaeljohnsonperformance.com)  
469.424.6572