



Charlotte Soccer Academy Fall Speed and Agility Training

Every fall, the leaves change color, the weather turns frigid and OC Sports Performance goes out to CSA practice fields to facilitate the speed and agility training. Every Friday night, OC Sports went to J.M. Robinson sports fields from September 11th until October 30th. There were three sessions per day, each lasting 45 minutes. The groups were split up by age. We had a tremendous turnout, averaging 45 athletes each week for the eight week session. Each athlete showed vast improvement in their athletic ability.

Each week we focused on different aspects of speed and agility training, such as form running (F.A.E. and H.A.S.), change of direction, ladder drills, transitional movement, steps of athleticism, and of course, conditioning. These are just some of the elements that athletes need to develop their game. Our two locations for sports performance, located in Ballantyne and on Randolph Road, will focus on these elements in greater detail.

We at Orthocarolina would like to thank CSA for giving us the platform to continue our role in the improvement of athletes in the Charlotte area, the athletes themselves for coming out on Friday nights to train, and most of all the parents for providing transportation and letting us be a part of their athletic lives.

I would like to take this time to remind all of CSA that we our offering one free speed and agility session pass or it can be used as a soccer performance test session, all you need to do is call 704 323 FAST(3278) and make an appointment and present this note to a member of our staff

Thanks once more OC Sports Staff!