



Tuesday December 13, 2011

The Nike Elite SPARQ Training 2.0 tour has officially started and this past Sunday it passed through Charlotte to work with the CSA Academy teams. The Nike Elite Training 2.0 program is designed to provide a complete, premium football training experience to enable skilled and committed players to fulfill their potential. Elite Training 2.0 brings together a unique combination of physical assessment and data collection. The players compete in a series of different running drills and soccer exercises.

The Nike staff came in, took over the CPI fields, and ran our players through a 2.5 hour training sessions, getting their times and scores on various SPARQ tests as well as skills challenges. There was also a 7v7 game going on where each player was chipped with a GPS unit to give our coaches data such as number of sprints, overall distance, overall speed through the short sided game.

“This is a great way to get very objective data about our players,” said Richard Butler, director of the CSA Academy. “We will be able to analyze the data to see where each player fits in within the Academy group today. Later we will test again to see where they have improved. The boys will also go into a national data base to see where they match up against the other Academies across the nation.”



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