



WHY DO **YOU** TRAIN?

VELOCITY SPORTS
PERFORMANCE/ALL AMERICA
SOCCER WINTER SOCCER
TECHINICAL AND SPEED TRAINING

ALL AMERICA 
SOCCER DEVELOPMENT
Individual - Group - Team - Training - Clinics & Camps

Velocity Sports Performance



VSP/All America Program

The 10 week clinic is designed to improve speed, quickness, and explosiveness on the soccer field. This program will help players increase quickness, learn how to change direction explosively in order to step up reaction time and speed off the ball. This will result in faster controlled play, quick decision-making, tactical awareness and confidence on and off the ball. Velocity's renowned Performance Coaches teaching the most comprehensive speed and agility training that will help increase speed, strength, and explosiveness on the field of play.

Velocity Sports Performance



CRAIG STODDARD BIO

- **Craig Stoddard** is the Sports Performance Director at Velocity in Parsippany. He works directly with his staff in implementing and continually improving performance programs for all our clients. Coach Stoddard has a degree in Exercise Science from Springfield College and is CSCS and USAW certified. Stoddard spent seven seasons as Assistant Strength and Conditioning coach for the New York Football Giants. Coach Stoddard is also the Speed Consultant for the NFC Champion Philadelphia Eagles. While Coach Stoddard has trained many great athletes, his ultimate goal is to instill in every athlete the confidence and ability to achieve his or her maximum potential.
- Come experience quality training with Velocity's own Sports Performance Director Craig Stoddard as he instructs based on the curriculum and itinerary of his current work with the **Jacksonville Jaguars, where he spent 15 weeks this spring aiding their off-season strength and conditioning program.** He brings with him the latest in techniques in Sports Performance training used by the NFL.



Dominick Bucci Bio

- **Dominick Bucci** is the Owner and Director of All America Soccer Development LLC. He is a former High School All American and Three-time Collegiate All America and holds a USSF 'A' License and has coached at the Professional, Collegiate, and High School ranks. Dominick is a former New Jersey ODP State Team Coach. He is currently working with the US Club Soccer ID2 program and the Super Y league Regional and National Program. He has personally worked with over 10 Youth National Team players within his programs. Dominick runs one of the most sought after Advanced Technical Programs. He is currently the Girl's Director of Coaching for Match Fit Chelsea Football Club
- Dominick Bucci is one of the most sought after technical trainers in the Region. His technical programs have attracted over 12 United Youth National Team players and many Regional and State ODP players.



VSP WINTER SOCCER TRAINING

Program will be the first week of January and run 10 consecutive weeks on:

Wednesday's @ 6pm, 7pm 8pm*

Friday's @ 6:30 & 7:30pm*

Sunday's @ 9am – 1pm*

**Times above pertain to group/team sessions

Week 1 to start January 6th, 8th, & 10th

Ending the week of March 8th

Velocity Sports Performance



SKILLS AND MOVEMENT TECHNIQUE SCHEDULE

- SOCCER SKILLS TRAINING AND SOCCER MOVEMENT TRAINING WILL RUN ON ALTERNATE WEEKS. THE SOCCER TRAINING WILL BE EXECUTED BY DOMINICK BUCCI, AII AND THE VELOCITY SOCCER SPECIFIC MOVEMENT SKILLS BY CRAIG STODDARD, SPORTS PERFORMANCE DIRECTOR OF VELOCITY SPORTS PERFORMANCE IN PASRSIPPANY.
- WEEK 1- ACCELERATION, PROPER START TECHNIQUES, MAXIMUM VELOCITY LEG RECOVERY
- WEEK 2- TECHNICAL EVALUATION, INTRO TO PROPER WARM UP TECHNIQUE
- WEEK 3- TECHNIQUES OF DRIBBLING AND BEATING THE OPPONENT
- WEEK 4- PASSING WITH ALL SURFACES OF THE FOOT
- WEEK 5- MAXIMUM VELOCITY GROUND PREPERATION AND CONTACT, MULTI DIRECTIONAL TECHNIQUES
- WEEK 6- RECEIVING BALLS ON THE GROUND AND FLIGHTED BALLS
- WEEK 7- EXPLOSIVE ACCELERATION, MAXIMUM VELOCITY BODY TECHNIQUE AND ALIGNMENT
- WEEK 8- 1V1, 2V2, 3V3, 4V4
- WEEK 9- MULTIDIRECTIONAL MOVEMENT THROUGH DIFFERENT PLANES OF MOTION, ACCELERATION
- WEEK 10- TECHNICAL TESTING AND GAMES



PRICING INFORMATION

COST: \$375

Group/Team Session Includes:

6 Soccer Skills Sessions

4 Sports Performance Team Sessions

In addition an optional 2nd Velocity Session in one of our scheduled class times per week

6 soccer skills + 14 Soccer Sports Performance sessions for \$18.75/session

Normal Cost \$275(soccer) + \$700 (VSP) = \$975 - SAVINGS of \$600

Velocity Sports Performance



Contact Information

FOR MORE INFORMATION CONTACT:

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