

Aerobic Soccer Training (AST)

Quick Summary: AST is designed to be a fun and different way to build soccer skills and promote them through the bodies natural movements. It is based as a cardio and strength workout while building soccer skills quickly.

What does Aerobic Soccer Training help you with?

AST helps individual players build a deep connection with the soccer ball. It builds a tight relationship between ball and player through intense repetitions in short, rhythmic bursts.



What to Expect when doing Aerobic Soccer Training.

As the rush of Aerobic Soccer Training kicks in, it becomes clear that all preconceived notions of ball control are obsolete with this training method. A mind-blowing explosion of movement and sound lie in wait at every touch and turn, fine tuning your senses. Yet, regardless what obstacle crosses your path or how formidable the opponent, you feel in control. Once you've mastered Aerobic Soccer Training, nothing stands in the way of your being fully comfortable with the ball.

Methodology:

Rhythm is the foundation of AST and the soul of everything, including soccer. It is usually referred to as work rate, tempo or pace. They are all soccer terms that mean rhythm. AST brings fundamental rhythm and soccer coordination to the forefront of training, not just as a pleasant byproduct as in other techniques.

Most players have the vision of effortlessly gliding past wrong-footed defenders. Through AST, the ingredients are given to make these visions reality. Most dribbling skills are taught as mechanical and separate movements, AST shows how they can be linked to become an artistic dance across the pitch.

- [Click here to Purchase Training System](#)
- [Click here to see Video Glimpse](#)

AST Builds through Repetition

AST goes about building skills by repetition of rudimentary movements that are key in soccer. It works to create uniformity between both legs by equal repetitions. Also through rhythmically learning, it is easier for players to adopt soccer movements as second nature. Each specific movement serves to enhance a player's relationship with the ball.

AST shows importance of body-positioning, amount of weight needed to be exerted on the ball and personal strengths and weaknesses. The technique is based on plyometric (quick) movements so it creates fast feet and eradicates the notion of being flat-footed.

AST Workout Specifics

[Download the Training Booklet Here](#)

Age: 8 years to Adult

Duration: Full Program is done weekly. A committed 18 year old could teach this method proficiently.

Resources: Instructions Booklet and 1 DVD.

This type of training improves the following types of performance speed:

Perception Speed: Environment created where the individual and ball are the main elements that each participant deals with. This allows for a complete focusing of self in the moment without distraction. Also, it makes apparent the demands placed on the individual when controlling the ball.

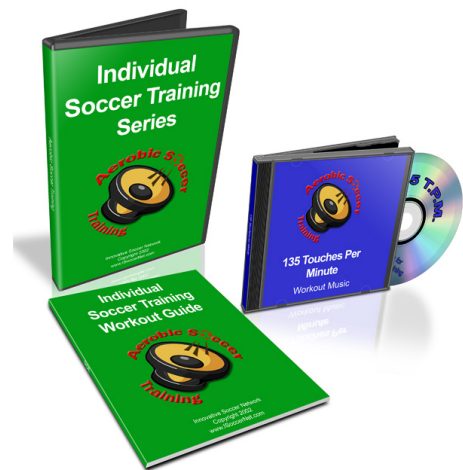
Mental Speed: This speed is improved by constantly deciding on actions that must be chosen for a smooth and effective display of soccer movements.

Initiation Speed: AST improves where each player begins their physical movement. Each participant is pushed to economize and maintain the most ready position for their upcoming actions.

Performance Speed: The actual physical movement involved in completing a skills task is improved through constant and dynamic repetition of sets of skills that build the soccer player to the point of instinctual 'isness'.

Adaptation Speed: Any time during this training changes occur instantly. It is up to the player to adjust either their recognition, decision, where they begin from physically or their actual execution of each task if something changes in the midst of action.

Contact 321.206.6675 or info@thesoccercourse.com for more details





Innovative Soccer Systems
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Orlando, FL 32819
United States of America

Proposal

Quote Number: 51
Date: 2009-06-18
Sales Person: Kamal Ricardo de Gregory
Valid Until: 2009-06-19

Bill To | Ship To

Demonstration for Team

Soccer Education Course

Quantity	Part Number:	Product	List Price	Unit Price	Ext. Price
1	10	Aerobic Soccer Training ITS Vol 1 The video is 75 min. Contains 2 workouts: Beginning and Intermediate/Advanced	\$27.95	\$22.36	\$223.60
2	10	135 Touches Per Minute Music C.D. created for Aerobic Soccer Training Program. 55 min. of music	\$9.95	\$7.96	\$79.60
3		-- \$30.32 per Player. This gives players the opportunity to train their core rhythm individually and work their touch, agility and fitness. Prices discounted 20% for team --			
4	1	3.1000 Training Price: \$80 a Session Have AST explained by a certified soccer educator.	\$80.00	\$0.00	\$0.00

Subtotal:	\$303.20
Tax:	\$0.00
Shipping:	\$0.00
Total:	\$303.20

Grand Total

Currency:	USD	Subtotal:	\$303.20
Tax Rate:	0.00%	Tax:	\$0.00
Shipping Provider:		Shipping:	\$0.00
		Total:	\$303.20
