

# VIPER SOCCER ACADEMY



Ages 10 to 14

<http://vipersoccer.webs.com/>



TRAINING EVERY WEDNESDAY 5:00pm-6:00pm (Fratton Community Centre)

£5 Per Person

FITNESS AND FOOTBALL COMBINED. Realise Your Potential !

Contact Us:

Tel - 07514186305

[vipersocceracademy@gmail.com](mailto:vipersocceracademy@gmail.com)

Location

South West, Isle Of Wight

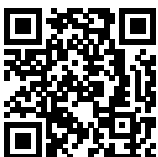
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So What Do We Do ?

Viper Soccer Academy has been set up to help young players reach their potential with intense training that improves all areas of football from fitness to ball techniques and skills.

How Do We Do This ?

At the club we provide a personal fitness trainer who helps improve Cardiovascular endurance (Vital for Lasting Long in a match) , Speed (more chance of beating opponents to the ball) , Power (Vital for having extra strength and beating opponents off the ball) and much more skill related fitness. We also have licensed FA Coaches who will provide the best training possible for players to push on and REALISE THEIR POTENTIAL ! How do I get involved? Training is every Wednesdays at Fratton Community Centre 5pm till 6pm. £5 per person , No Contract needed. We will do more training sessions on grass in the future as well to improve match situations. This is only for players 11-14 as the intensity of the training can be very high . ;



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