

HAMMER TRAINING ACADEMY

Winter Training Programs

Hammer Training Academy Elite Player Development (College Prep.) programs are the most comprehensive training sessions in soccer. They are designed for the serious soccer player that is looking to reach the next level in his/her development.

During multiple weeks, students benefit from our progressive full-time Academy training. The Hammer Academy's goal is to build well-rounded players utilizing a technical, tactical, physical and mental training model approach. Each component of training is clearly defined with time, pressure and space restraints added, forcing players to execute technically, tactically, physically and mentally

Technique and Tactics

Saturdays 2-3:00PM

Tuesday 6-7:00PM

8 weeks

Martin Luther King School, Cambridge, MA

Tobin School, Cambridge, MA

The **Hammer Academy Technique and Tactics Clinics** is an intensive program designed specifically to improve a player's first touch, individual skill, technique, and tactical awareness while fostering a love of the game.

It is a low-pressure environment that encourages creativity, attacking soccer and where players not only learn from professional coaches but also from each other.



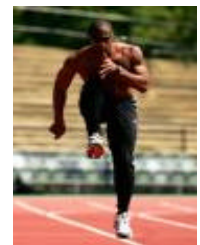
Speed, Strength and Agility

Sundays 12-1:00PM, Tuesdays 7-8PM

8 weeks

Tobin School, Cambridge, MA

The **Hammer Soccer Speed, Strength and Agility Clinics** is an intensive program designed specifically to improve Speed, Agility, Strength and most importantly for Injury Prevention. It consists of warm-ups, upper and lower extremity functional strengthening exercises, plyometrics and jumping/landing strategies, and anticipated and unanticipated agility drills. The goal of each athlete is to become stronger and more resistant to injury. More importantly, there is a thorough education about human performance, their body and ultimately develop a better understanding of how to train effectively.



Open Gym

Saturdays 3-5:00 PM

8 weeks

Martin Luther King School, Cambridge, MA

Open Gym (Pick-up Soccer) is an informal league consisting of high school players, former college and retired professional players. The game is much faster and it is designed to get younger players to play quicker and develop some confidence on the ball while playing against/with bigger faster and stronger players.

League is 5v5! Winner stays on! Enough said!



Session I Starts November 28th 2006

Session II Starts February 1st, 2007

Cost (per session)

Technique and Tactics	8 weeks	Open Gym	8 weeks
Saturdays 2-3:00PM	\$200	Saturdays 3-5:00 PM	\$80
Tuesdays 6-7:00PM	\$200		
Speed, Strength and Agility	8 weeks		
Sundays 12-1:00PM	\$200		
Tuesdays 7-8:00 PM	\$200		

Space is extremely limited!

Multiple program/session discounts available! (If registered for 2 programs the second program is 50% off)

Scholarships available!

For more information on all our programs please call (617) 899-5636, (866) 5-HAMMER or email Info@hammeracademy.com