



SOCCER-SPECIFIC SPORTS PERFORMANCE TRAINING

Program Outline

The *Soccer Development Project* & *D1 Training* Spartanburg are collaborating to create the best-in-class *Soccer-Specific Sports Performance Training* for local soccer players

Youth athletes, Boys & Girls, aged 9-12 years old & 8th Grade through High School will be expertly coached on the athletic development required to excel in soccer

The Soccer-Specific development curriculum is designed by D1 Training Spartanburg & the Soccer Development Project to provide specialized training transferable directly to your game

- Launch Event • 6-Session Training Program • Testing Party



SOCCER
DEVELOPMENT
PROJECT



Soccer-Specific Sports Performance Training

**D1 Training
Spartanburg**

MLS Pro Coach Jonny

**Injury Prevention
Warm-Up & Cool Down**

**SA&Q | Conditioning
Plyometrics
Core Development**

Performance Testing

**Limited Numbers
\$155.00 Per Player**



SOCCER
DEVELOPMENT
PROJECT

**360 S Daniel Morgan Av | Unit #2
Spartanburg, SC | 29306**



**423 276 1826
Text or Call**

Soccer Development Project

Soccer-Specific Sports Performance Training

The Soccer Development Project & D1 Training Spartanburg are collaborating to create the best-in-class Soccer-Specific Sports Performance Training for local soccer players.

60-Minutes Soccer-Specific Sports Performance Training Sessions Per Group

6 Training Events Per Group | @ Soccer Development Project

\$155.00 Per Player



○ **Program Details**

Tuesday 5pm – 6pm | SNR Girls

Tuesday 6pm – 7pm | SNR Boys

8th Grade & High School Graduate

4 11 18 November &

2 9 16 December

(No Training Thanksgiving Week 25 Nov)



Thursday 5pm – 6pm | JNR Girls

Thursday 6pm – 7pm | JNR Boys

9-Years Old – 12-Years Old

6 13 20 November &

4 11 18 December

(No Training Thanksgiving Week 27 Nov)



○ **Launch Event @ D1 Spartanburg**
Free

Saturday 8 November 2025

12Noon-1.00pm | Girls

1.00pm-2.00pm | Boys



○ **Testing Party @ D1 Spartanburg**
Free

Saturday 20 December 2025

12Noon-1.00pm | Girls

1.00pm-2.00pm | Boys



Soccer Development Project

Text & Phone | 423 276 1827

Email | [**SoccerDevelopmentProject@Gmail.com**](mailto:SoccerDevelopmentProject@Gmail.com)

Web | www.SoccerDevelopmentProject.com



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TRAINING[®]

F.A.S.T. - FOUNDATIONS OF AGILITY, SPEED, & TECHNIQUE



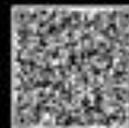
JONNY CARTER
SOCCER DEVELOPMENT
PROJECT, MLS PRO COACH

WHY D1 TRAINING?

AT SOCCER DEVELOPMENT PROJECT, OUR MISSION HAS ALWAYS BEEN TO BUILD COMPLETE ATHLETES — NOT JUST SKILLED PLAYERS, BUT CONFIDENT, RESILIENT, AND PHYSICALLY PREPARED INDIVIDUALS. PARTNERING WITH D1 TRAINING ALLOWS US TO ELEVATE THAT MISSION, THEIR EXPERTISE IN SPEED, STRENGTH, AND MOVEMENT DEVELOPMENT PERFECTLY COMPLEMENTS THE TECHNICAL AND TACTICAL TRAINING WE PROVIDE. TOGETHER, WE'RE CREATING AN ENVIRONMENT WHERE YOUNG SOCCER PLAYERS CAN UNLOCK THEIR FULL POTENTIAL — ON AND OFF THE FIELD.



F.A.S.T. SIGN UP





**SOCCER
DEVELOPMENT
PROJECT**



TRAINING

F.A.S.T. - FOUNDATIONS OF AGILITY, SPEED, & TECHNIQUE

HOW TO REGISTER

SCAN THE QR CODE

CREATE YOUR PROFILE

FIND "AVAILABLE PROGRAMS FOR MY ATHLETE"

SELECT YOUR AGE GROUP FOR "D1 SPARTANBURG TESTING EVENTS" (FREE)

SELECT YOUR AGE GROUP FROM "SOCCER SPECIFIC SPORTS PERFORMANCE TRAINING" AND FOLLOW THE INSTRUCTIONS

PROGRAM COST

\$155

AGE GROUPS

GIRLS: JNR 9-12, SNR 13+

BOYS: JNR 9-12, SNR 13+

TESTING EVENT

SAT. NOV 8TH @ D1 TRAINING

2081 E MAIN STREET

SENIOR GROUPS 13+

JUNIOR GROUPS 9-12

TUESDAY NOV 4TH

THURSDAY NOV 6TH

TUESDAY NOV 11TH

THURSDAY NOV 13TH

TUESDAY NOV 18TH

THURSDAY NOV 20TH

TUESDAY DEC 2ND

THURSDAY DEC 4TH

TUESDAY DEC 9TH

THURSDAY DEC 11TH

TUESDAY DEC 16TH

THURSDAY DEC 18TH

5:00PM - GIRLS

5:00PM - GIRLS

6:00PM - BOYS

6:00PM - BOYS

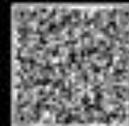
TESTING EVENT

SAT. DEC 20TH @ D1 TRAINING

2081 E MAIN STREET



F.A.S.T. SIGN UP





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TRAINING

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**5-STAR
TRAINING SYSTEM**

**DYNAMIC WARM-UP
PERFORMANCE
STRENGTH
CORE AND CONDITIONING
COOL-DOWN**

TRAINING SESSION FOCUS

WEEK ONE

TESTING PREP - Pre game warm up/cool down

WEEK TWO

SPEED AND QUICKNESS -

Hydration/Nutrition

WEEK THREE

CONDITIONING - Flexibility

WEEK FOUR

PLYOMETRICS - Injury Prevention

WEEK FIVE

SPRINTS & SPEED - Psychology & Culture

WEEK SIX

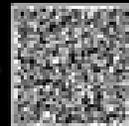
COMBO WEEK - Discipline - putting it all together

TESTING EVENTS

SAT. NOV 8TH & SAT DEC 20TH



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F.A.S.T. - FOUNDATIONS OF AGILITY, SPEED, & TECHNIQUE

SOP X D1 TRAINING | 6-WEEK SOCCER PERFORMANCE SERIES

✓ EXPLOSIVE FIRST STEP

IMPROVE ACCELERATION AND FIRST-TOUCH SPEED TO WIN THE BALL MORE OFTEN.

✓ BETTER BALANCE, BETTER BALL CONTROL

TRAIN CORE STABILITY TO STAY IN CONTROL, AND MAKE PLAYS UNDER PRESSURE.

✓ SPEED THAT SHOWS UP ON THE FIELD

WE DON'T JUST BUILD SPEED -- WE BUILD GAME-SPEED WITH REAL TRANSFER TO SOCCER SITUATIONS.

✓ INJURY-RESISTANT MOVEMENT

FOUNDATIONAL STRENGTH AND NEUROMUSCULAR CONTROL = FEWER ROLLED ANKLES, OVERUSE INJURIES, AND SETBACKS.

✓ TOTAL ATHLETE DEVELOPMENT

F.A.S.T. IS THE MISSING LINK BETWEEN TECHNICAL SKILLS AND COMPLETE ON-FIELD PERFORMANCE -- PREPARING ATHLETES TO COMPETE AT THE NEXT LEVEL.

✓ REAL-TIME FEEDBACK USING VALD PERFORMANCE TESTING TECH

ATHLETES ARE EVALUATED WITH STATE-OF-THE-ART EQUIPMENT TO MEASURE SPEED, POWER, AND PROGRESS -- SO THEY CAN SEE THE RESULTS OF THEIR HARD WORK.



F.A.S.T. SIGN UP

