



SAQ – BALL MASTERY CLINIC

Seekonk Soccer in partnership w/ RSA is excited to introduce our 1st SAQ – Ball Mastery Clinic!

This is the type of off season programming your player is looking for to stay sharp and raise the bar in their game. We will combine speed, agility, and technical ball training designed for the player to improve their footwork and movement on and off the ball while providing them tools to play more confidently against tough competition.

What is SAQ? Speed-Agility-Quickness. SAQ skills receive little attention during the season but can have an impact on those players putting in work on it throughout the off season. SAQ exercises emphasize foot speed, acceleration and deceleration, quickness and change of direction. SAQ training can also help with injury prevention as well.

Ball Mastery Competitive programs at all levels put the responsibility of footwork on the player outside of team training. This clinic will focus on teaching players how to improve speed, touch, comfort, and confidence on the ball. Mastery of these technical skills are necessary for any player to develop their game to the next level!

SAQ-Ball Mastery is a six-week clinic that not only combines elite technical training with SAQ but will progress each week to keep players pushing harder on their development during the off season! Players will be grouped to according to their age and/or ability level to maximize the experience of the program.

This clinic is recommended for those new & current travel soccer players or those playing next level premier and looking to get an edge!

Space is limited, Register Today!

Registration Link: <https://system.gotsport.com/programs/90325476S>

Clinic Details

1 day/week

60 mins (split 1/2 SAQ, 1/2 Technical Training)

Fridays 5-6p

6 sessions

Teamworks Seekonk (Field 1)

Cost: \$99

Age groups: 2015-2009

Session Dates: 11/3, 11/10, 11/17, 12/1, 12/8, 12/15