

# Case Study

## Training for Youth Soccer



### Athlete Overview

Natalie is a 16 year old soccer athlete who is seeking to improve her speed for increased performance on the soccer field. Natalie is a member of both her high school soccer team and also competes with a traveling club team. Her hope is to improve her speed in the EXSpeed™ training program on the Woodway ELG high speed treadmill so that she will make her varsity team as a sophomore, and continue to progress to a college scholarship following her high school career. Natalie knows that soccer is a game of speed, and without it, she will struggle to compete as she meets better competition.

### Athlete Needs

Natalie begins the EXSpeed™ training with a normal training background for an athlete her age. She has competed in soccer since an early age and the bulk of her speed training has taken place during soccer workouts. She is in definite need of a focused, intense program designed to improve her running mechanics, power development, and stride frequency.

### Program

The ELG treadmill and EXSpeed™ training programs present the perfect combination of training to meet this athlete's needs. Following her initial pretest, Natalie began an eight week training program consisting of 3 workouts per week. Her pretest demonstrated a 40 yard dash time of 6.37 seconds and some very poor sprint mechanics.

Natalie was placed in a program which included the EXSpeed™ treadmill sessions, ground based sprint workouts, plyometric and agility workouts, flexibility training, and core stabilization.

The EXSpeed™ sessions included multiple runs at various speeds and elevations (running up-hill) to improve power output, stride frequency, knee drive, core stability, and lactic acid tolerance to improve conditioning. The Woodway ELG treadmill also offered a perfect tool to improve her running mechanics. It is a powerful tool, which is able to push her to her limits and beyond, but in a very safe, controlled environment. This allows for easy adjustments and cues by her coach during each and every sprint.

### Training Results

After 8 weeks of training, Natalie showed great results. Her 40 yard dash time dropped from 6.37 sec. to 5.90 sec. Natalie was more than pleased with her improvement of almost a half of a second over such a short distance. She took her new skills and knowledge to her high school soccer field, where she competed strongly at the varsity level for the entire season. She was so pleased with her initial results, that she has continued with the EXSpeed™ program for several sessions since. As expected, she continues to show impressive results.



#### At a Glance:

##### Athlete:

- Female Soccer Player
- 16 years old
- Previous training limited to soccer workouts
- Seeking speed training

##### Goals:

- Improve Sprint Speed
- Improve Running Mechanics
- Make Varsity Team

##### Evaluation:

- 10 yd Dash: 1.97 sec.
- 40 yd Dash: 6.37 sec.

##### Training Plan:

- EXSpeed™ Treadmill Program
- Ground Based Sprint Workouts
- Core Stabilization
- Plyometric/Agility Workouts

##### Training Equipment:

- Woodway ELG Treadmill

##### Training Results:

- 10 yd Dash: 1.91
- 40 yd Dash: 5.90
- Improved Sprint Mechanics
- Made Varsity Team