



DYNAMIC SOCCER TRAINING

With
Jason Vogel
at the **Bodyshop Fitness Center**

589 Horsham Rd. • Horsham, PA 19044 • (215) 441-8189

WHAT YOU WILL LEARN FROM DYNAMIC SOCCER TRAINING

Develop a more controlled touch using both feet.

Increased foot speed and quickness.

Become more agile.

Learn skills/moves for one on one situations.

Be able to make precise passes using all parts of the foot.

Be a more complete/confident player.

Most importantly learn to enjoy the game in ways you never imagined. Relax, have fun, and watch as Jason helps take your soccer game to a new level.

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For more info or to set up an appointment, contact Jason Vogel at (215) 350-0338 or (215) 441-8189. Jason is the trainer to several local clubs and players throughout the Montgomery and Bucks county area.

ABOUT THE TRAINER

Jason has been a soccer player for 34 years. He has played on various club teams as well as playing in the ODP program. On several occasions Jason has traveled overseas and played competitive soccer in the Netherlands. Jason, now the owner of The Bodyshop Fitness Center in Horsham, has combined all the skills necessary to help young soccer players.

As well as soccer training, Jason also combines speed and agility and strength training to the program. He understands that without quickness and strength the athlete will not reach his or her true potential. The goal is to create a confident well balanced athlete.

Let Jason help you take your skills and game to the next level