

**Dynamic Soccer Training** at the Horsham Athletic Club is an unbelievably successful and rewarding opportunity for your child to be involved in, but **what exactly does it entail?**

The **Dynamic Soccer Formula** is a proven technique of technical soccer skills training and has drastically improved many players skills. Through the years of exposure to many Elite coaches from around the world, **Jason Vogel** has developed a technical formula for fast and noticeable results in players.

**Dynamic Soccer Training** is a blend of many cultures and styles with pinpoint mechanics for sharpness and consistency in touch and movement. The training technique itself has high European influence and builds a player from “the smallest of touches out” ultimately creating a *well-rounded, 360 degree, and universal player with vision and creativity.*



“Fail to prepare, prepare to fail.”

- Roy Keane

“Everything is practice.”

- Pele

RELAX. FOCUS. ACHIEVE.



### Summer Programs: Individual, Group, and Team Training.

Jason is a trainer to several teams throughout the Bucks County and Montgomery area. He also trains ODP Players.

### Sign Up TODAY!

For more information, Please contact **Jason Vogel** at the Horsham Athletic Club

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**Conditioning** is built into the sessions with agility, speed, explosion, and high aerobic “sets”, providing a realistic fatigue to game scenarios and execution of technique with consistency. Dynamic Soccer is highly recommended to be a **CONSISTENT** part of a training “lifestyle” both in and out of season.

**Muscle Activation** and true physiological components are inherent to the formula and participation in a Dynamic Soccer class should be done at least *1-3 times per week* for best results. Just like free throw shooting a basketball over and over, hitting golf balls or practicing piano/instrument chords to stay sharp.

Technique is modified for all age groups and is presented in an extremely fun and creative environment. We look forward to working with your player!

“ True champions aren't always the ones that win, but those with the most guts. ”

- Mia Hamm



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SOCCER  
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