



Impact United Soccer Club and BASICS Sports Training have developed a special discounted rate for Impact United Soccer players and teams. BASICS Sports Training is one of the top tier human performance training centers in Utah. They recently opened a new facility at 4888 S Highland Dr. They work with hundreds of youth soccer players each year and utilize the latest technology combined with sports science for optimal performance.

Speed Training: Athletes work in small groups of 1-5 athletes. Training includes High Speed treadmill and Vibration Technology as well as ground based training (plyometrics, resistance training, jumping and landing technique and core conditioning). The emphasis of this training is to increase multi-directional speed and quickness while improving power and agility. This is a 12 visit program. The standard rate for speed training is \$250.00 per athlete. As a member of Impact United Soccer you will receive a 20% discount (\$200.00).

Agility Training: Athletes work in larger groups of up to 15 athletes. Training is mostly ground based (plyometrics, resistance training, jumping and landing technique and core conditioning). The emphasis of this training is multi-directional speed, power, agility and core conditioning. This program may utilize high speed treadmills and vibration technology but that largely depends on the size of the group. The standard rate for agility training is \$125.00 per athlete. As a member of Impact United Soccer you will receive a 20% discount (\$100.00).

You can contact BASICS Sports Training for questions. Their facility is open year round to facilitate all schedules.

Train Smart. Train Hard, Train at **BASICS 801-866-9928**

4888 So. Highland Dr. Holladay Utah, 84117