

HYBRID ATHLETIC TRAINING

PERSONALIZED ONLINE COACHING

**TRAIN WITH PURPOSE.
DEVELOP FROM ANYWHERE.**

Individualized at-home training that combines soccer development with strength and athletic development. Each athlete receives structured workouts designed around their ability, schedule, goals, and areas of development.

OPTION 1	OPTION 2
Individual At-Home Training	Training + Player Development
\$234/month	\$330/month
3 personalized workouts/week	3 personalized workouts/week + 2 calls/month

2-month initial commitment for both options

ADAPT & EVOLVE

OPTION 1

INDIVIDUAL AT-HOME TRAINING

\$234/month

2-month initial commitment

YOUR PLAYER RECEIVES

3 PERSONALIZED WORKOUTS PER WEEK

Each workout is approximately 30 minutes and includes:

15 MINUTES Strength & Athletic Development	15 MINUTES Soccer Development
• Strength • Core & stability • Balance & single-leg control • Mobility • Coordination • Speed & explosiveness • Injury-prevention focused movements	• Ball mastery • Dribbling • First touch • Passing & receiving • Weak-foot development • Change of direction • Footwork & coordination • Position or player-specific development

PERSONALIZED TO YOUR PLAYER

This is not a generic training packet. The 3 workouts each week are programmed specifically for your player and can progress as they improve.

- Age and current ability
- Strengths and weaknesses
- Soccer schedule
- Current training load
- Individual goals
- Areas we are currently trying to develop

MONTHLY TOTAL

Approximately **12-13 personalized 30-minute workouts each month.**

This package does not include scheduled video calls.

INVESTMENT

\$234/month

2-month initial commitment. After the initial two months, the program can continue on a monthly basis.

INDIVIDUAL AT-HOME TRAINING + PLAYER DEVELOPMENT

\$330/month

2-month initial commitment

This option includes the same individualized weekly training with the addition of direct one-on-one Player Development Calls with Coach Daen.

YOUR PLAYER RECEIVES

Everything included in the Individual At-Home Training package:

- 3 personalized 30-minute workouts per week
- Approximately 12-13 workouts per month
- 15 minutes of strength & athletic development
- 15 minutes of soccer skill development
- Individualized programming
- Training progressions and adjustments

PLUS:

2 PLAYER DEVELOPMENT CALLS PER MONTH

Every other week, your player and Coach Daen will meet through FaceTime or video call for approximately **30-40 minutes**.

These are not additional workout sessions. They are individual coaching conversations focused on the player's overall development.

During these calls, we will review:

- Training completed over the previous two weeks
- Weekly goals and progress
- Recent games and practices
- What they're doing well and areas they're struggling with
- Confidence on the field and handling mistakes or adversity
- Training habits, personal accountability, effort and consistency
- How their body is feeling
- Upcoming games and training schedule
- What they want to improve next
- Goals for the following two weeks

The player will also have the opportunity to ask questions and become more involved in their own development.

MENTAL SIDE OF THE GAME

Player Development Calls also create time to work on areas that do not always get enough attention during a normal soccer session:

- Confidence
- Focus
- Goal setting
- Responding to mistakes
- Staying composed under pressure
- Positive self-talk
- Training discipline
- Taking responsibility for their development
- Creating good pre-game and post-game habits

The goal is to develop a better athlete, but also a more confident and self-motivated player.

MONTHLY TOTAL

12-13 personalized 30-minute workouts

+

2 individual 30-40 minute Player Development Calls

INVESTMENT

\$330/month

2-month initial commitment. After the initial two months, the program can continue on a monthly basis.

QUICK COMPARISON

	INDIVIDUAL TRAINING	TRAINING + PLAYER DEVELOPMENT
Personalized workouts	3/week	3/week
Workout length	30 min	30 min
Strength portion	15 min	15 min
Soccer portion	15 min	15 min
Approx. workouts/month	12-13	12-13
Individualized programming	Yes	Yes
Player Development Calls	-	2/month
Call length	-	30-40 min
Goal & performance review calls	-	Yes
Mental-performance coaching calls	-	Yes
Initial commitment	2 months	2 months
Monthly price	\$234	\$330

HOW IT WORKS

Once you choose a package, Coach Daen will gather information about your player, their current schedule, goals, and the areas you want to improve.

From there, Coach Daen creates their 3 at-home sessions each week. The athlete completes the workouts independently on their off days and follows the program throughout the week.

For athletes enrolled in the Player Development package, a Player Development Call is scheduled every other week.

The goal is not to overload players during their season. It is to give them a structured way to get quality extra work in, stay consistent, and continue developing outside of team practices.

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