



CATZ & ISA PRESENT:

SPEED, STRENGTH & AGILITY TRAINING!

BENEFITS FOR SOCCER PLAYERS:

Through our years of experience in training athletes of all levels, we understand that the defining moments in sports occur at full speed in a chaotic and unpredictable environment. CATZ prepares both youth and professional athletes to achieve greatness in this environment through our proprietary, highly-proven training methods.

- Increase functional strength to gain position against your opponent and for stronger and longer shots, crosses and throw-ins.
- Improve rotational and core strength for fast and powerful shots and better overall balance.
- Enhanced multi-directional speed and acceleration to reach the ball faster, beat opponents and avoid your marker.
- Improve multi-directional movement to twist, rotate, jump, control, slide, pass and shoot.
- Enhance flexibility for a more fluid and powerful running stride.



"As a pro soccer player I have done all types of speed and conditioning training. However, the training that I have done with CATZ of Long Island is hands down, the best program that I have ever encountered. I credit their workouts to my improved quickness, strength and endurance."

*- Mike Palacio, FK Radnicki Obrenovac
Serbian Professional Soccer Team and
CATZ Athlete*

SPECIAL TEAM RATES FOR ISA: 16 SESSIONS FOR \$240
GROUP # 2 TIMES AND DATES BELOW

Gain a Competitive Edge
for the Upcoming Spring Season!

Thursdays: 8pm - 9:30pm		Sundays: 11:30am - 1pm	
1/13	2/10	1/16	2/13
1/20	2/17	1/23	2/20
1/27	2/24	1/30	2/27
2/3	3/3	2/6	3/6



**Official Performance
Training Partner**

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**CONTACT JASON TODAY
TO REGISTER!**
Call (631) 486-8933 or
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