

# DMC Soccer Academy

If you are looking to improve your soccer performance on and off the field or looking for an injury prevention program, then the DMC Sports Performance Academy at the Franklin Athletic Club is the right place to be. The DMC Sports Performance Academy focuses on improving sport specific training and injury prevention for soccer athletes in the area of:

- \*Strength
- \*Speed
- \*Agility
- \*Quickness
- \*Vision training
- \*Plyometrics
- \*Flexibility
- \*Endurance
- \*Reaction training

The DMC Soccer Academy Program will improve your:

- \*Balance and Coordination
- \*Increase your soccer kick/leg speed
- \*Improve proper soccer Mechanics
- \*Increase your throw-in distances
- \*Improve core strength and stability
- \*Improve overall strength
- \*Increase flexibility
- \*Help in injury prevention
- \*Improve hand eye coordination

**Official Healthcare Services Provider**



**DMC**  
**Sports Performance**  
**Academy**

(248) 356-5232