



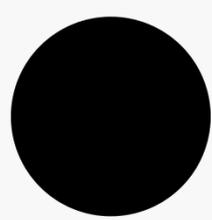
BALANCE SOCCER TRAINING

a quick guide to training
with Balance Soccer

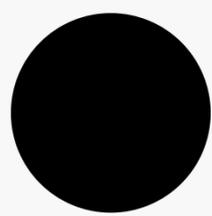




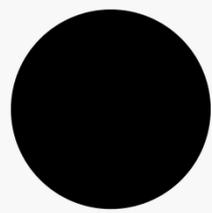
TRAINING FORMATS



**Private
Training**



**Group
Training**



**Sports
Performance
& Film Study**

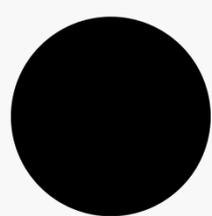
@Athletic Republic





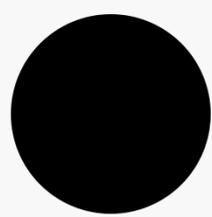
TRAINING FORMATS

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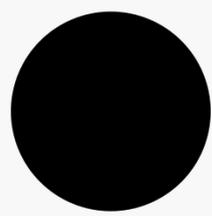


Film Study

virtually via Zoom



College Recruitment



Winner Stays On





PRIVATE TRAINING

1on1 or small group





PRIVATE TRAINING

- Train with Tyler 1on1 or organize a group of friends and teammates (max 8 players).
- All scheduling is handled directly with Tyler via text (847) 508-8388
- Training will take place at a local park and we will utilize the space the best we can. Balance Soccer does not rent field space for private training (unless arranged otherwise).

60 minute sessions

1on1 \$150

2 players \$75 each

3-8 players \$50 each

90 minute sessions

1on1 \$225

2 players \$115 each

3 players \$80 each

4-8 players \$70 each

- Payments to be made before training via Venmo @balancesoccer.





GROUP TRAINING

technical training, games,
& competitions





GROUP TRAINING

- Tyler organizes groups of 4-8 players based on age, skill, & competitiveness.
- Sessions will focus on individual technical skills paired with small sided games & competitions.
- All scheduling is handled directly with Tyler via WhatsApp group chats.
- Training will take place at a local park and we will utilize the space the best we can. Balance Soccer does not rent field space for Group Training (unless arranged otherwise).

60 minute sessions

\$50 each

90 minute sessions

\$70 each

- Payments to be made before training via Venmo @balancesoccer





SPORTS PERFORMANCE & FILM STUDY @ ATHLETIC REPUBLIC

discover more solutions
to achieve your goals





SPORTS PERFORMANCE & FILM STUDY

- **Programming is designed to educate players, to prevent injuries and to gain speed, power, agility & confidence.**
- **All programming will be led by Tyler and hosted at Athletic Republic**
 - **710 NE Holladay St**
- **Tyler organizes groups of 6-12 players based on age, experience, competitiveness, and dates available.**
- **All scheduling and communication is handled directly with Tyler via WhatsApp group chats.**
- **Programming will be crafted specifically for each group by Tyler and Josh Harper, Director of Performance at Athletic Republic.**





SPORTS PERFORMANCE & FILM STUDY

...continued

- **Programs consists of FOUR or EIGHT, 90 minute sessions.**
- **Players can expect a 60 minute workout followed by a 30 minute Film Study session.**
- **Tyler will host Film Study on the big screen using game footage from players in the group.**
- **Each week players will receive workouts to be completed on their own time plus a daily Body Maintenance plan.**
- **\$300 for \$600**
- **Payment to be made in full before the first session via Venmo @balancesoccer.**





FILM STUDY

learn to play chess instead
of checkers





FILM STUDY

- Study your game film with Tyler via Zoom.
- Tyler shares his screen and goes through your game film (if your games are filmed) or of another match provided by Tyler of a similar age and level or of a pro/college match.
- Study decision making and learn to see the field and read the game from a new perspective.
- Untangle specific situations and discover a greater variety of actions to be used to create a greater range of solutions.

60 minute session

\$125

- Payments to be made before training via Venmo @balancesoccer.





COLLEGE RECRUITMENT

find a pathway to your
dream





COLLEGE RECRUITMENT

- Tyler helps you navigate the road to playing college soccer with a proactive template.
- Programming is based on your individual situation and will be decided personally between you and Tyler before the process begins.
- Programming options range from a 60 minute Zoom consultation (\$125) to an All In package where Tyler reviews 10 of your matches, takes all the best clips, builds you a highlight reel, posts it to YouTube, and provides you with guidance and mentorship until you get recruited (\$2500).
- Payments to be made via Venmo @balancesoccer. Payment programs available.





WINNER STAYS ON

**competitive, organized pick
up game for college, pro, &
aspiring high schoolers**





WINNER STAYS ON

- This game is invite only and designed for current high school players that plan on playing in college and beyond.
- Tyler rents a field and organizes a pick up game and invites college and pro players. A select number of high school players are also invited for a fee.
- If you are interested and have not already been invited by Tyler please send a text for consideration. Game details are shared privately via text.

2 hour game

\$75 each invited player

- Payments to be made before training via Venmo @balancesoccer.





NEXT STEP

TEXT TYLER



847-508-8388

**guiding
towards
confidence**