

# ONE 2 ONE

## SOCCER 2 SPORTS ACADEMIES

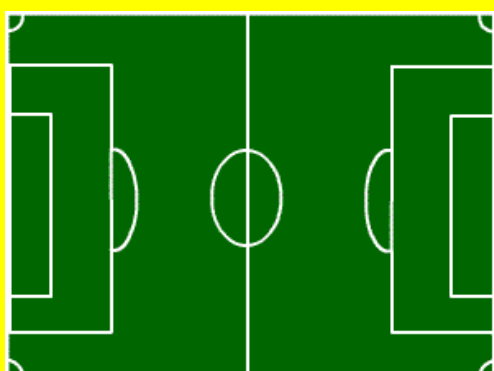
*"FOR ALL AGES AND LEVELS"*  
*Ernie Luongo – Director*

Web : [www.soccer2sports.com.au](http://www.soccer2sports.com.au)

Email: [ernie@soccer2sports.com.au](mailto:ernie@soccer2sports.com.au)

Mobile: 0411 262 801

### SAMPLE OF CATERING TO YOUR NEEDS AND DEVELOPMENT



Strengths and weaknesses discussed and observed with game day and training nights.

Health conditions that may hinder "one 2 one" training

Positions played and focused.

Winter and Summer training nights – availability.

Endurance program

Speed and power program

T2T – TOUCH 2 TOUCH – ball mastery program.

Tactical understanding and responsibilities of the game.

CONTACT ON A REGULAR BASIS.

**CONTACT: ERNIE 0411 262 801**

**Thank you for making a commitment with being part of "one 2 one" personal soccer and sports conditioning.**

Hopefully this program will enhance your skills but also give you further insights of your own skill levels, positional awareness on game and trainings nights and days.

By having a personnel portfolio, "one 2 one" is giving you the opportunity to manage a program that will be evaluated and be assessed on a regular basis by Ernie.

A "one 2 one" personal portfolio is an adventure with a long or short term history of your development that is current for club, school, or any organisation. This personal portfolio will be a private documentation with the player, to revise and evaluate his/her own performance levels at training and game times.

A "one 2 one" personal portfolio can be a great foundation and understanding of your football/soccer awareness. **A genuine development that caters the individual and personal belief by Ernie.**

**"Whatever the mind can conceive and believe, it can achieve"**

**LOOK FORWARD YOUR RESPONSE!**

**CONTACT: ERNIE  
0411 262 801**