

# The GSSA Pre Season Football Fitness Program



Boys and Girls aged 8 - 14

Monday 29th July  
Monday 5th August  
Monday 19th August  
Monday 26th August

£45 for block of 4 sessions  
£13 per session

@Chorleywood FC 5.30 - 6.30  
WD3 5SL

Limited to the first 20 players!

The GSSA will be offering a great opportunity for players to prepare physical for the upcoming football season.

- Drills are designed to improve speed, stamina, power and quick feet.
- Circuits will also include ball work to improve passing and dribbling.
- Sessions will be delivered by Graham Stack who will use a variety of drills used previously when working for Watford FC's academy.

Please wear **Astro trainers** and bring **water**.

*Get ahead of the competition*

