



TOP LEVEL TRAINING NEWSLETTER



APRIL BRINGS A NEW ENERGY

Club seasons and tournaments are back in full swing with the end of high school soccer. Keep chasing those end of season goals and let's finish the season on a high! You never know who's watching...

Holding your teammates to a standard in practice goes a long way to maintaining confidence in your teammates when it matters the most in games. Don't let bad habits grow in practice and expect them to change in a game.

Confidence in front of goal!

Muscle memory inside the box is the cure to getting too excited and rushing your shot and skying it over the crossbar. Putting up shots in different situations will train the body to remain calm when that one chance falls to you in those tightly contested games.



PLAYER SPOTLIGHT: VINCE KINNIKIN

From a parent's perspective, have you seen any type of change in Vince since training with Top Level?

We've seen some really exciting changes in Vince since he started training with Top Level. His touches are sharper, he's more confident one-on-one, his passing is more precise, and he takes more shots. The training is clearly intentional and tailored to his development, and the coaches' guidance has helped him elevate his game in a noticeable way.

What's something you've really enjoyed pertaining to training with Top Level?

I've really enjoyed the balance between disciplined, focused coaching and fun, engaging sessions. Every training has a clear purpose that keeps me active and locked in. The coaches' attention to detail and emphasis on fundamentals have helped my game improve, and I can feel myself growing every session.

Overall, describe your experience training with Top Level.

Would you recommend it to your teammates or anyone looking to improve their technical ability?

Training with Top Level has been awesome. It's an environment where I can push myself, challenge my skills, and enjoy every session. I'd definitely recommend it to my teammates, or anyone serious about improving their technical ability, because the program helps players grow while keeping the focus on the fundamentals and smart play.

ALUMNI SPOTLIGHT: CLAYTON HUDSON HARDON-SIMMONS UNIVERSITY

We love highlighting former Top Level athletes who are continuing their soccer journey at the collegiate level. Mollie shares her insights for current players working on their foundation.

Would you recommend playing in college to those currently unsure?

I would absolutely recommend playing in college. Not only is the competition higher, but the team bonds have given me friends I'll have for life, and it gives me a purpose in college besides just classes.

What's one piece of advice you'd give a high school athlete about being recruited for college?

My advice is what my current coach told me. Make the coach tell you yes or no. Keep reaching out and keep making an effort it goes a long way. And if they keep pushing you off, eventually you're gonna have to be straight with them and get a yes or no answer.

What's your favorite thing about continuing your playing career in college?

I love the competition of the college level, but just the team chemistry is another level in college. It's genuinely living with your best friends and getting to play the sport you love.

BOOK YOUR SESSION TODAY!



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