



TOP LEVEL TRAINING NEWSLETTER



ROLLING INTO MARCH WITH LONGER DAYS

Daylight Savings is officially here and that gives us the opportunity to expand our training times. With more daylight available, athletes have a better window to get quality work in after school.

Top Level will begin introducing an additional training hour on the schedule starting in April. These later sessions allow athletes to take advantage of the extended daylight giving them more time to train, develop skills, and continue progressing at a high level.

Composure Under Pressure

When kids are faced with pressure from their opponents, they often get taken out of their rhythm and lose the ball. This month will emphasize composure under pressure through dribbling in different situations.



PLAYER SPOTLIGHT: PERRY DODGEN

Perry has shown great dedication to his training and the results speak for themselves.

"As a parent, I truly appreciate the experience Perry has with Top Level. Every child growing in a sport deserves an environment where they feel encouraged, supported and challenged. Coach Conrod does a great job pushing Perry to improve while teaching him valuable skills he can apply in real-game situations."

ON THE HORIZON: TOP LEVEL CLINIC

GOALS, GOALS, and more GOALS will be the focus of this clinic

- Shooting technique
- Offensive 1 v 1 situations
- Finishing from different positions

Schedule is posted online now! Spots are limited and filling up fast!



BOOK YOUR CLINIC SPOT TODAY!

3/21 AND 3/22

ALUMNI SPOTLIGHT: MOLLIE FERRO WEST TEXAS A&M 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.

Did you feel like Top Level prepared you for College Soccer?

Yes, Top Level prepared me by helping me work on my weaknesses as a player. Every training session was something tailored to exactly what I needed as a player to prepare me for the college game. This helped me to learn about myself as a player and use my strengths in game to help me play the best I could and refine my weaknesses to create new strengths!

What's the biggest difference between club/high school and college soccer?

The biggest difference is the speed of play. It's a much faster pace because all the players you're playing against were the best in their clubs or high schools, so the tempo stays high throughout the entire game.

If you could go back and talk to your younger self, what's one thing you wish you would've focused on before getting to college?

It's normal to be hard on yourself, but also realize the growth and how far you've come before you look to criticize. Just give your best and give 110% effort



SPONSOR SPOTLIGHT: DOM'S PRINT HOUSE

We'd like to extend a huge thank you to Dom's Print House. Dom has been a supporter from Day 1 and we are so thankful! He is the official Top Level merch provider and has had us looking good for 5 years.



469-667-3765



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