



# TOP LEVEL TRAINING NEWSLETTER

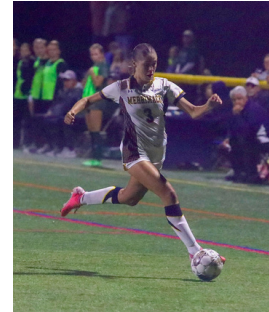


## HAPPY NEW YEAR FROM TOP LEVEL TRAINING!

As we kick off February, our focus is on what matters most: foundations and technique. Just like a strong building needs a solid base, great players are built on consistent fundamentals. This month is all about slowing things down, sharpening core skills, and setting athletes up for long term success.

### Why Technique Matters

Strong technique allows players to play faster, smarter, and with more confidence under pressure. February is the perfect time to refine these skills before competition ramps up later in the season. The work done now creates habits that show up when it matters most.



## PLAYER SPOTLIGHT: ABBY PENDER

Abby has shown incredible commitment to improving her technical foundation this past month. Her focus on first touch, ball control, and decision-making has stood out during sessions, and her confidence on the ball continues to grow. We're proud of the work she's putting in and excited to see how it translates to those game situations.

## AT HOME TIP FOR PLAYERS

We always encourage athletes to spend 10-15 minutes a day working on simple touches at home:

- Toe Taps
- Inside-outside touches
- Passing against a wall with both feet

Consistency beats intensity --- small daily reps make a big difference.



**BOOK YOUR SESSION TODAY!**

## ALUMNI SPOTLIGHT: LILLY COOK MERRIMACK COLLEGE

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

### Looking back, what foundational skill do you wish you had focused on more when you were younger?

I wish I had focused more on checking my shoulder while receiving a ball, and staying calm under pressure, especially in small areas when you are getting pulled and bumped around. As I've gotten older and played at higher levels, these two things have been drilled into my head by multiple coaches (including Conrod) which has made me a much better player!

### What advice would you give current Top Level trainees looking to play in college?

Some advice I would give to players wanting to play in college would be always work hard and want to be the best on the field. Be confident in yourself, realize you are where you are for a reason and you deserve to be there! Be a coachable player and be okay with messing up and comfortable with taking criticism. They see your potential and are trying to make you a better player! And have fun! I always play my best soccer when I am having fun!



## SPONSOR SPOTLIGHT: TASCOSA BRICK

We'd like to extend a huge thank you to Tascosa Brick for being a proud sponsor of Top Level Training. Their support helps us continue providing high-quality training opportunities and development pathways for athletes in our community. We're grateful for local partners who believe in strong foundations --- on the field and beyond.

