

## About us

**FO's Ultimate Soccer Academy** is headed up by Francis Okaroh, a former Nigerian National Team soccer player. He has played and studied soccer on three continents (Africa, Europe, and North America) and has earned the highest U.S. coaching license available — the USSFA National License. Francis has played all levels of soccer here in the United States and internationally. He was an All-American selection while playing at Boston University (BU). Francis is the Director of Coaching for the highly-successful FC Blazers Soccer Club. And since 2007, he has been a member of the BU soccer coaching staff.



After graduating from BU, Francis played for teams in Europe. His U.S. professional career includes two years with the MISL Cleveland Force. In 1996, he took his talents to the MLS where he played for the New England Revolution. Francis was recognized as Defender of the Year for both 1996 and 1997. As part of the 1997 expansion draft, he was selected by Bob Bradley, former MNT head coach and Chicago Fire's first head coach. In their inaugural year, Francis helped the Fire win the MLS Cup and US Open Cup double.

Other successes include coaching the FC Greater Boston Bolts Boys Club to four consecutive Massachusetts State Cup Championships; three Region 1 League Championships; three U.S. Region 1 Championships; and, the Adidas U15 Cup US Youth National Champions in 2005.

In 2005, Francis was inducted in the New England Soccer Hall of Fame, and in 2006, the BU Athletics Hall of Fame. And most recently, Francis was inducted into the *Ring of Fire*, a tribute which honors members of the Chicago Fire who displayed the qualities the club embodies: leadership, dedication and integrity.

Through a disciplined regimen of training, each soccer player will master the skills, techniques and improve his/her physical abilities required to play soccer at its highest level.



Francis Okaroh's

## Ultimate Soccer Academy

For additional information, please contact:

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# Ultimate Soccer Academy

## Individual Performance Training Program



Speed & Agility

Endurance

Power & Strength

Explosive Speed & Performance

Increased flexibility

Mental Conviction & Confidence

# Individual Performance Training Program

All our training programs are geared towards helping athletes raise their game to the next level. We do this at the individual and group setting.

Our programs are geared towards optimizing athletic performances for athletes of all ages while focusing on injury prevention.

**Key areas of development other than technical and tactical training include:**

1. Speed & Agility
2. Endurance
3. Power & Strength
4. Explosive Speed & Performance
5. Increased exibility
6. Mental Conviction & Confidence

## Other Services & Programs

*(Please inquire via email)*

- College Performance Training
- High School & Youth Performance Training
- Adult Training Programs
- Preseason Training
- Rehabilitation and Training after Sports Injury

## Location

Boston University, Forekicks or locations can be arranged between instructor and player. Both indoor and outdoor trainings are available.

## Program Curriculum: High School & Youth Athletes

### Technical & Tactical

- Designed to help high school players and youths improve their game on the field
- The player will go through an Integrated Training System with the goal of improving his/her soccer performance
- For high school students, this program is designed to prepare the player for their next level of play in college
- Training will be customized based on individual goals, needs and specific areas of development
- Goal will be to help each player maximize their performance and raise their level of play in any setting and league
- Consulting will be provided on an ongoing basis throughout the program
- Initial consultation will be provided to the athlete focusing on testing and evaluating the player to develop an individualized training program

### Performance Training

- Key focus on the following areas:
  - **Speed** – Running with and without the ball, ball mechanics and agility
  - **Power** – Strength training and Plyometric
  - **Conditioning** – Proper conditioning to complement and improve work capacity
  - **Flexibility** – Increasing joint & muscle strength and durability
- Prior to starting the program, performance testing will be conducted for a baseline and this will continue throughout the program to measure and track improvements over time. Testing includes:
  - Vertical Jump
  - 10,20,30 Yard Acceleration
  - Reaction Time
  - Quickness (Ladder Training)

### Pricing

*(Based on a minimum of 3 training sessions and a maximum of 5 training sessions a week)*

Sessions are 1 ½ hours each at \$100 per session.

- 8 Week Session Package
- 12 Week Session Package
- 24 Week Sessions Package
- 36 Week Sessions Package
- 48 Week Sessions Package

Please note that once the schedule has been set up for the individual, cancellations or rescheduling will be on an exception basis.

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