

ASSA *Ranell Hobson's* ACADEMY OF SPORT SPEED & AGILITY



SPEED IS KING - If you don't have it let us show you how to get it!

- ✓ Improve your first step speed
- ✓ Decrease your risk of injury
- ✓ Get to the ball first

Learn how to achieve all this at **ASSA's Special Speed Players Clinic** in Adelaide.

Hosted by ASSA Coaching Director Ranell Hobson, your athlete will be introduced to the skills and drills used by elite athletes to generate first step explosive speed for all field and court based sports.

Ranell has run this workshop to players at some of the world's finest youth footballing academies in Europe and Asia as well as AFL, NRL and Soccer clubs in Australia.



"Brilliant discussion and Practical Work"

– Brad Newton, Adelaide Crows FC Strength and Conditioning coach.

"Ranell is the coach of my dreams" – Mother of NPL1 soccer playing 15year old daughter suffering recurring groin/hip injuries prior to training with Ranell.

Details:

City Mazda Stadium

57 Milner Road, Richmond, Adelaide SA

Saturday December 16th 2017, 2pm - 4pm Cost \$55

Spaces limited to 20 only - Ages 14+.



Visit: <http://www.academyofsportspeed.com> to book now.