



MARINE ACADEMY
PLYMOUTH

FOOTBALL FITNESS AT **MARINE ACADEMY** **PLYMOUTH**

WITH QUICK FEET COACHING



Strength & Conditioning
Ball Mastery
Movement efficiency

Specific sessions for improving football fitness. Great way to become stronger, more resilient and aid game performance.

Intermediate
Ages 10-15
Wednesday 7-8pm

Juniors
Ages 5-9
Thursday 5-6pm

To book a space contact
blightfoot77@gmail.com



For information on our community programme email:
darren.stewart@marineacademy.org.uk