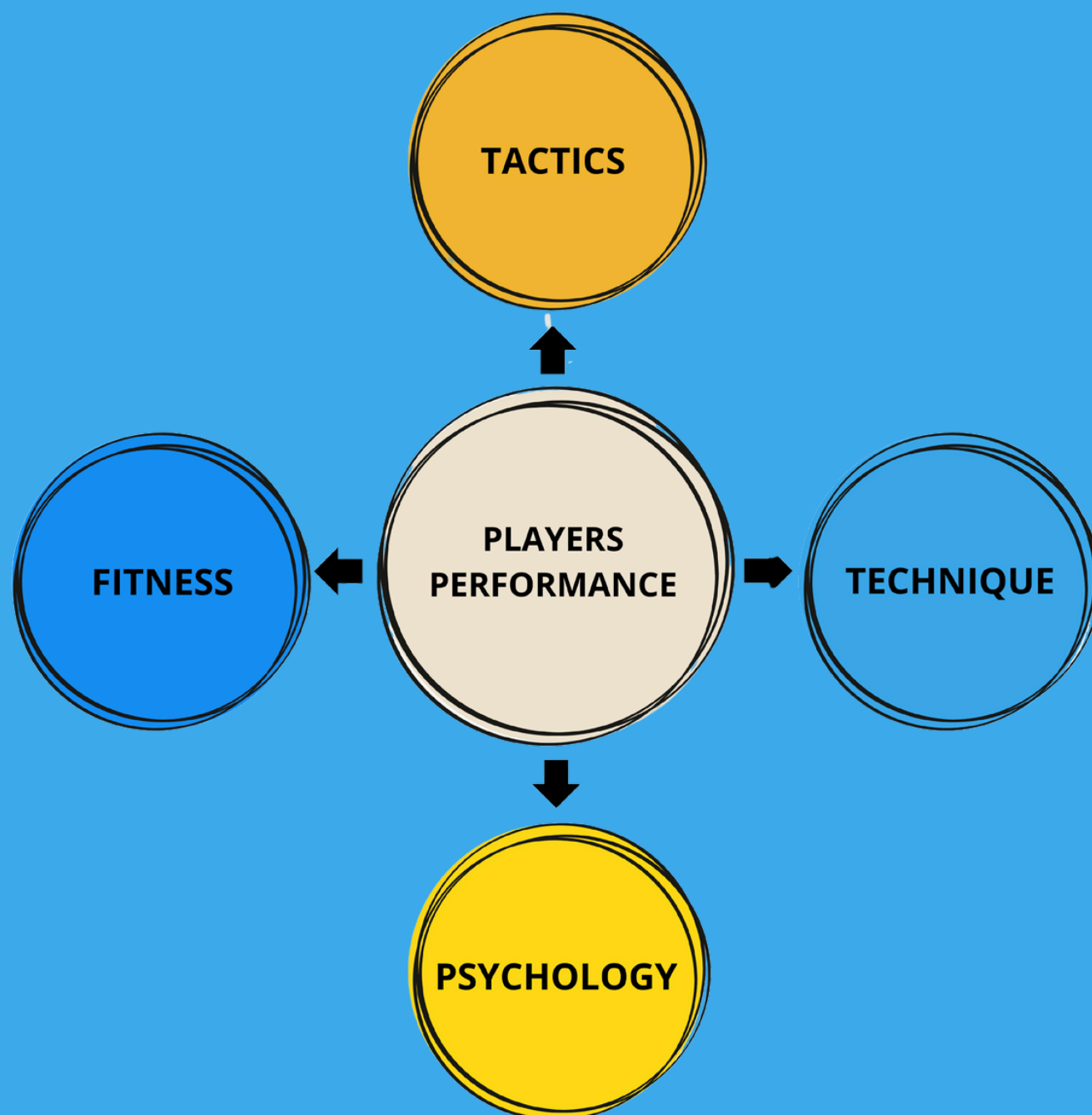




CLUB PLAYING PHILOSOPHY

SOCGER IS MORE THAN JUST A GAME TO US. IT'S A PASSION, A LIFESTYLE, AND AN AVENUE FOR PERSONAL GROWTH. HERE AT ECU, WE BELIEVE IN PLAYING AN ATTRACTIVE, POSSESSION-BASED STYLE OF SOCCER. OUR TRAINING METHOD INVOLVES TEACHING OUR PLAYERS TO INITIATE THEIR OFFENSES FROM THE BACK, BUILDING MOMENTUM UPFIELD AS A COHESIVE AND WELL-COORDINATED UNIT. WE CHALLENGE THEM TO MAKE DECISION-MAKING A VITAL PART OF THEIR GAME REGARDLESS OF THEIR POSITION IN THE FIELD. WHY? BECAUSE SOCCER IS ALL ABOUT DECISIONS; IT'S STRATEGIC AND TACTICAL.





CLUB PLAYING PHILOSOPHY

AT ECU, OUR FOUNDATION IS CENTERED ON THE PRINCIPLES OF ***INTEGRITY, LOYALTY, AND COMMITMENT.***

WE INCORPORATE THESE VALUES INTO OUR TRAINING SESSIONS AND REMIND EACH PLAYER THAT THEY SHOULD PERMEATE THEIR APPROACH TO THE GAME AND LIFE BEYOND THE CONFINES OF THE SOCCER PITCH.

WHEN IT COMES TO DEVELOPING PLAYERS AT THE ACADEMY LEVEL, WE IMPLEMENT A SYSTEM OF EQUAL TEAMS UP UNTIL THE SPRING SEASON BEFORE WE START GEARING TOWARDS ISL. AND WHILE WE CERTAINLY DEMAND THAT OUR PLAYERS STRIVE TO WIN EVERY TIME, THEY LACE UP THEIR BOOTS, WE DON'T MAKE WINNING THE PRIMARY FOCUS FOR OUR ACADEMY AND THE CLUB AT LARGE.

OUR ***PRIMARY OBJECTIVE*** IS ABOUT ***DEVELOPING HIGH-LEVEL INDIVIDUAL PLAYERS IN A COMPETITIVE ENVIRONMENT.***

WE BELIEVE THAT CREATIVE PLAYERS ARE THE ONES THAT MAKE THE DIFFERENCE IN A MATCH, AND TO CREATE SUCH PLAYERS, WE ENCOURAGE THEM TO TAKE RISKS.

SIMULTANEOUSLY, IT'S CRUCIAL FOR US TO FOSTER CREATIVITY AND INDIVIDUAL EXPRESSION. SOCCER IS AN ART, AND EACH PLAYER HOLDS A BRUSH. WE WANT THEM TO PAINT THEIR MASTERPIECES, AND FOR THAT, WE PROVIDE AN ENVIRONMENT CONDUCIVE TO CREATIVE THINKING AND INNOVATIVE GAMEPLAY.



CLUB PLAYING PHILOSOPHY

MUST YOU POSSESS EXTRAORDINARY SOCCER SKILLS? NO. WHAT WE ASK OF OUR PLAYERS IS TO GIVE THEIR 100% EFFORT, SHOW A BURNING DESIRE TO IMPROVE CONSTANTLY, AND MAINTAIN A WINNING MENTALITY. ***THAT'S THE ECU WAY.***

WE ALSO FIRMLY BELIEVE THAT ***'HOW YOU PRACTICE IS HOW YOU PLAY'***.

WE INSTILL IN OUR PLAYERS THE IMPORTANCE OF PRACTICING EXPLOSIVELY SO THAT WHEN IT'S TIME FOR THE MATCH, THEY'RE AN EXPLOSIVE FORCE ON THE FIELD ACROSS ALL TEAMS.

TO ACHIEVE THIS OBJECTIVE, WE MUST ALLOW PLAYERS TO MAKE MISTAKES EVEN IF WE LOSE GAMES IN DOING SO.

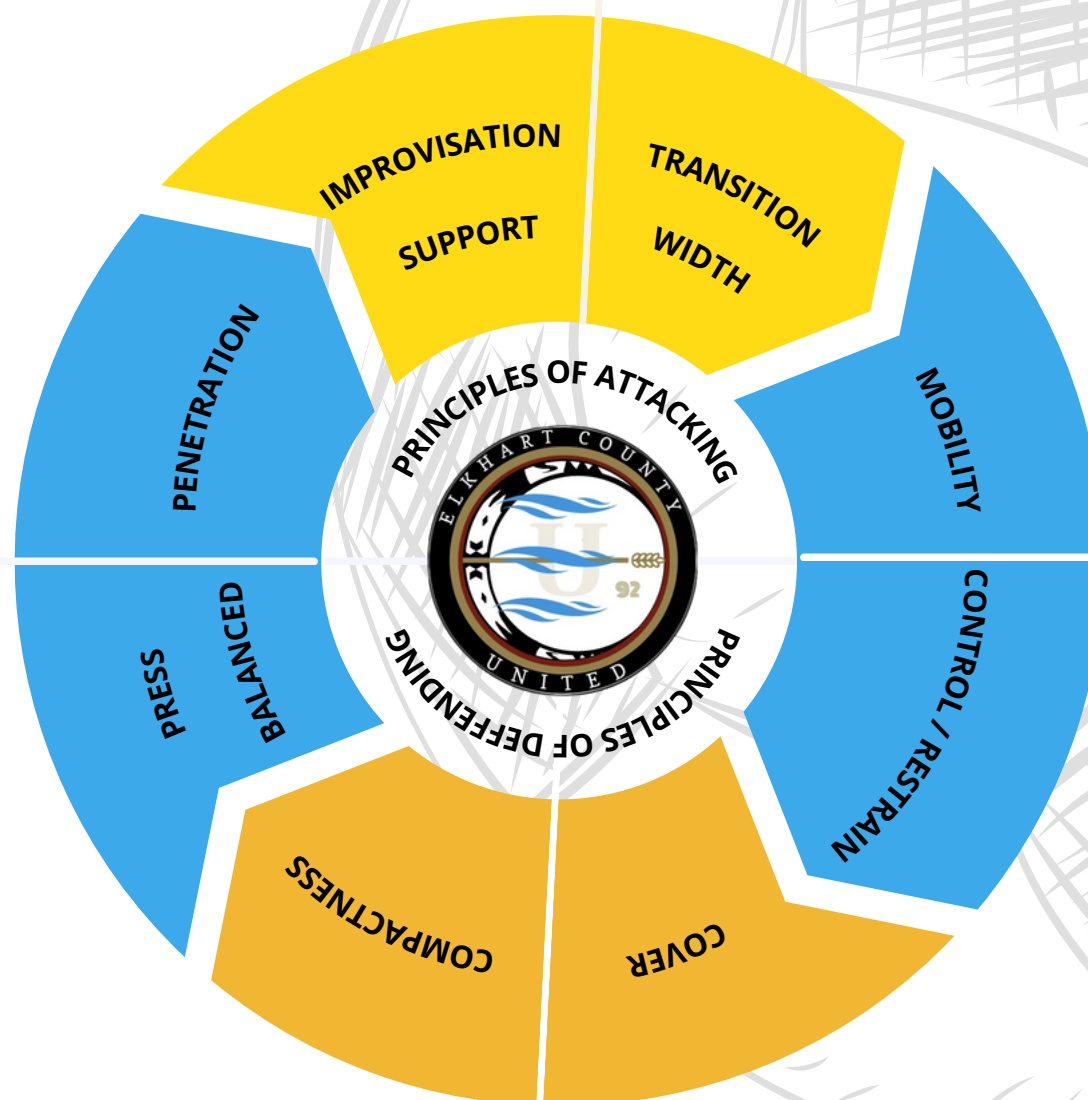
GAMES ARE CONSIDERED EXTENDED LEARNING OPPORTUNITIES FOR PLAYERS TO IMPROVE THEIR SKILLS, THEIR UNDERSTANDING OF THE GAME, AND TO IMPLEMENT THE ELEMENTS THAT HAVE BEEN PRACTICED THAT WEEK.

WE WOULD EXPECT PLAYERS TO BE NATURALLY DISAPPOINTED AFTER A LOSS, BUT IF THE LEVEL OF PERFORMANCE HAS BEEN ACCEPTABLE, THEN OUR COACHES WILL CHOOSE TO FOCUS ON THE POSITIVES AND WORK TO CORRECT MISTAKES THROUGH FUTURE PRACTICES.

ON THE OTHER HAND, IF THE TEAM WINS BUT DOES NOT PERFORM TO THE LEVEL THAT THEY ARE CAPABLE OF, FAILS TO TRY TO IMPLEMENT THE LESSONS LEARNED IN PRACTICE, OR ABANDONS THEIR PRINCIPLES TO DO SO, OUR COACHES WILL PROVIDE ***HONEST FEEDBACK.***



CLUB PLAYING PHILOSOPHY



TRAVEL SOCCER IS A COMPETITIVE PLAYING SITUATION. ON ECU TEAMS, PLAYERS WILL HAVE EQUAL PRACTICE OPPORTUNITIES, BUT EQUAL GAME PLAYING TIME IS NOT GUARANTEED.

ALL PLAYING TIME DECISIONS ARE AT THE DISCRETION OF THE COACH WITH THE HELP OF THE DIRECTOR. AS WE BELIEVE PLAYING IS IMPORTANT FOR DEVELOPMENT, WE DON'T GUARANTEE EQUAL PLAYING TIME, BUT AT A YOUNG AGE, IT IS MANDATORY FOR COACHES TO PLAY PLAYERS AS IT IS KEY FOR THEIR DEVELOPMENT.

FACTORS FOR NOT PLAYING AS MUCH INCLUDE NOT SHOWING UP TO PRACTICE, POOR PRACTICE BEHAVIOR, AND OTHER REASONS. WE CARE ABOUT DEVELOPING PLAYERS, BUT FOR US TO DEVELOP PLAYERS, THEY NEED TO ATTEND PRACTICE.

AT ECU, IF A PLAYER WANTS TO HAVE MORE TRAINING, WE WILL PROVIDE MORE TRAINING AS LONG AS THEY ARE CAPABLE OF PERFORMING WITH OTHER GROUPS AND ARE NOT SLOWING THE PRACTICE OR BEING A DISTRACTION.



CLUB PLAYING PHILOSOPHY

ONCE THEY ARE OUT OF THE ACADEMY, U11 AND U12, WE CONTINUE TO FOCUS ON DEVELOPING THE PLAYERS IN DIFFERENT WAYS AND PROGRAMS, JUST AS OUR TECHNICAL PROGRAM DOES, BY GIVING OPPORTUNITIES TO PLAYERS TO PRACTICE WITH THE FIRST TEAM AND OTHER GROUPS TO ACCELERATE THEIR DEVELOPMENT.

WE DO THIS PROPERLY AND DO NOT OVERLOAD PLAYERS WITH TOO MANY PRACTICES WITHOUT A PURPOSE.

WE BRING OPPORTUNITIES TO PLAYERS IF WE SEE THEY ARE PUTTING IN THE TIME AND EFFORT TO DEVELOP, AND WE DO IT IN DIFFERENT WAYS, SUCH AS INVITING THEM TO A DIFFERENT TEAM TO COMPETE IN MORE COMPETITIVE TOURNAMENTS. PLAYERS FROM THE LOWER TEAMS NEED TO GET MOTIVATED, AND IT IS GOOD FOR US TO SEE THEM PERFORM.

TOURNAMENTS ARE FOR PLAYERS TO BE EXPOSED TO HIGHER LEVELS AND HAVE FUN. THIS IS HOW WE WILL GROW AND ACCELERATE THE DEVELOPMENT OF ALL PLAYERS. ECU CARES ABOUT ALL PLAYERS, NOT JUST THE "BEST" PLAYERS. HOWEVER, THERE ARE TOURNAMENTS THAT WE GO TO WIN, AS AT THIS LEVEL WE CARE ABOUT WINNING THE LEAGUE, ISL CUP, AND SOME IMPORTANT TOURNAMENTS.

WE WILL ALWAYS AIM TO ACHIEVE A HIGH LEVEL OF PERFORMANCE IN OUR CLUB, AND WE STRONGLY FEEL THAT THIS CAN BE BETTERED BY FOCUSING ON OUR PLAYERS' LONG-TERM DEVELOPMENT.

IT'S ESSENTIAL AND OF UTMOST IMPORTANCE THAT OUR PLAYERS MASTER THE BASIC TECHNICAL SKILLS AT THE EARLIEST. THIS MASTERY WILL DRASTICALLY IMPROVE THEIR COMFORT LEVEL ON THE BALL, WHICH WILL ULTIMATELY BOOST THEIR CONFIDENCE TOO. EVERY PRACTICE WE CONDUCT SHOULD CHALLENGE OUR PLAYERS' TECHNICAL EXECUTION SO THAT IMPROVEMENT COMES NOT ONLY FROM REPETITION, BUT ALSO THROUGH VARIOUS GAME-REALISTIC PRESSURED SITUATIONS.



CLUB PLAYING PHILOSOPHY

MOREOVER, APART FROM TECHNICAL SKILLS, OUR PLAYERS SHOULD ALSO DEVELOP A DEEP TACTICAL UNDERSTANDING OF THE GAME. THIS UNDERSTANDING SHOULD IDEALLY BE EDUCATED THROUGH THE STAGES OF OUR CLUB'S PLAYING DEVELOPMENT PATHWAY.

THIS WAY, THEY'RE NOT JUST FOCUSING ON THEIR INDIVIDUAL SKILLS, BUT ALSO ON HOW THEY CAN STRATEGICALLY UNDERSTAND AND RESPOND TO THE GAME. PERFORMANCES ARE EVALUATED BY FACTORS SUCH AS TEAM SHAPE, CORRECT SPACING, MOVEMENT OFF THE BALL, CONNECTING PASSES, DECISION-MAKING, SPEED OF PLAY, INDIVIDUAL CREATIVITY, AND TECHNICAL EXECUTION UNDER PRESSURE.

WE BELIEVE THAT WINNING GAMES WILL ULTIMATELY BE A BYPRODUCT OF OUR ABILITY TO DEVELOP WELL-ROUNDED SOCCER PLAYERS OVER TIME. THEREFORE, WINNING EVERY GAME IS NOT OUR PRIMARY OBJECTIVE AND WILL NOT BE HOW WE MEASURE OUR SUCCESS AS A CLUB.

AT THE ELITE CLUBS NATIONAL LEAGUE (ECNL RL) LEVEL, WE'VE DEVELOPED OUR UNIQUE STYLE OF PLAY. IT COMBINES STRATEGIC PRESSURE TACTICS TO RECOVER BALL POSSESSION IN ATTACKING AREAS, AFFORDING US THE OPPORTUNITY TO MAINTAIN CONSTANT OFFENSE. WE FOLLOW THE MAXIM, "PRACTICE EXPLOSIVELY TO BE AN EXPLOSIVE TEAM." IN ESSENCE, OUR TRAINING INTENSITY MIRRORS OUR IN-GAME INTENSITY.

ECNL IS THE PREMIER YOUTH SOCCER PLATFORM ON THE EAST AND WEST COASTS, AS WELL AS THE SOUTH, AND IS CURRENTLY EXPANDING IN THE MIDWEST.

NOT JUST ANY CLUB CAN JOIN; YOU MUST BE SELECTED. AFTER CAREFUL RESEARCH, ECNL LEAGUE OFFICIALS IDENTIFIED ELKHART COUNTY UNITED AS A CLUB WORTHY OF AN INVITE INTO THEIR NEWLY FORMED CHICAGO METRO CONFERENCE ECNL RL.



CLUB PLAYING PHILOSOPHY

THIS WAS BASED ON OUR HISTORY OF PRODUCING HIGHLY COMPETITIVE TEAMS ACROSS MULTIPLE AGE GROUPS, AS WELL AS OUR PERFORMANCE IN ISL STATE CUPS AND NATIONAL LEAGUE PLAY.

ABOVE EVERYTHING ELSE, THIS GIVES OUR LOCAL PLAYERS AN OPPORTUNITY TO PLAY IN ONE OF THE MOST COMPETITIVE LEAGUE IN THE COUNTRY AND TO UNDERGO INTENSIVE TRAINING BY EXPERIENCED LICENSED COACHES.

ADDITIONALLY, AT THE OLDER AGE GROUPS, PLAYERS CAN ATTEND ECNL REGIONAL SHOWCASES AND NATIONAL COLLEGE SHOWCASES THAT ARE WIDELY KNOWN AS THE BEST COLLEGE RECRUITING OPPORTUNITIES IN YOUTH SOCCER. ECNL HAS BEEN IDENTIFIED AS THE NUMBER ONE RECRUITING LEAGUE TO PLAY AT THE COLLEGIATE LEVEL IN THE COUNTRY, AS WE ARE AIMING TO BE AT ECNL NATIONALS CLUB.

IN THE ECNL SYSTEM, WINNING IS A CRUCIAL ASPECT. TO UPHOLD OUR ECNL STATUS, EXCELLENCE IS PARAMOUNT. THE LEAGUE OPERATES WITH STRINGENT REGULATIONS, MAKING IT CHALLENGING FOR COACHES TO MAKE FREQUENT SUBSTITUTIONS, WHEREBY ONCE A PLAYER IS REPLACED, THEY CANNOT RE-ENTER UNTIL THE SECOND HALF.

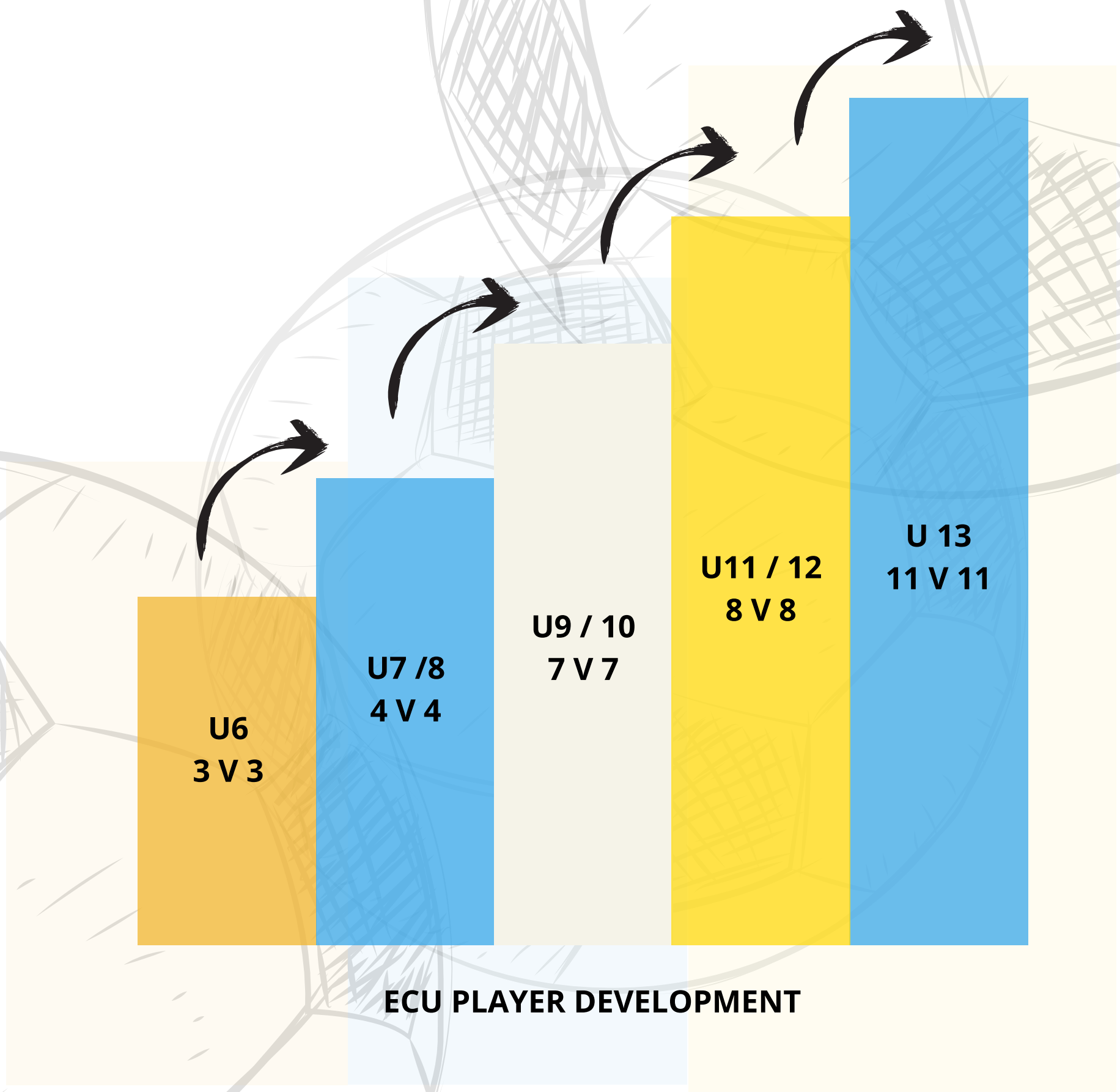
PLAYING TIME IS MANAGED DIFFERENTLY AT THIS LEVEL, AND WE UNDERSTAND THAT FOR PLAYERS TO EVOLVE, GAME TIME IS IMPERATIVE. THAT'S WHY WE ENCOURAGE OUR PLAYERS TO ASSIST OUR ISL TEAMS, FACILITATING THEIR ONGOING DEVELOPMENT.

OUR PLAYING STYLE IS SET UP TACTICALLY TO MAXIMIZE PASSING OPTIONS PLAYING OUT FROM THE BACK BY PROVIDING MULTIPLE ANGLES OF SUPPORT TO THE PLAYER IN POSSESSION. THE BASIC SHAPE OF A DIAMOND CUT IN HALF CREATES TRIANGLES, WHICH IN THEORY, PROVIDES PLAYERS WITH AT LEAST TWO SHORT PASSING OPTIONS WHEN ON THE BALL WITH A FURTHER PROGRESSIVE OPTION AVAILABLE AFTER THE FIRST PASS. EACH DIAMOND WITHIN THE STRUCTURE OF A TEAM FORMATION IS CONNECTED; THEREFORE, THE IDEA IS THAT PLAYERS SHOULD ALWAYS HAVE A PASSING OPTION WHEN ON THE BALL.



CLUB PLAYING PHILOSOPHY

NOW, LET'S BREAK THIS DOWN. I'VE ENVISIONED OUR GROWTH AS A TEAM IN SIX PROGRESSIVE STAGES, BUILDING UP FROM THE FOUNDATIONAL BASICS TO MORE ADVANCED STRATEGIES AND SKILLS.





CLUB PLAYING PHILOSOPHY

STAGE 1 IS FOR OUR YOUNGEST MEMBERS. THIS STAGE, APTLY NAMED 'LEARNING TO LOVE THE GAME', IS ALL ABOUT HAVING FUN AND FOSTERING A PASSION FOR SOCCER. DURING THIS STAGE, WE'LL PLAY 3V3 WITH NO TACTICAL INPUT.

STAGE 2 IS WHEN WE BRING IN A BIT MORE STRUCTURE. AT THIS 'DESIRE TO PLAY THE GAME' STAGE, OUR U7/U8 PLAYERS WILL START TO LEARN ABOUT FORMATIONS BY PLAYING 4V4 IN A SIMPLE DIAMOND SHAPE.

STAGE 3 PROGRESSES TO 7V7 AT U9/U10 WITH THE INTRODUCTION OF A GOALKEEPER TO BUILD PLAY OUT FROM AND ADDITIONAL CONNECTING DIAMONDS. THIS STAGE IS KEY FOR FUNDAMENTAL TECHNICAL DEVELOPMENT THEREFORE WILL BE CALLED 'LEARNING THE SKILLS OF THE GAME'.

STAGE 4 COMPLETES THE SMALL-SIDED GAME SERIES WITH U11/U12 PLAYING 9V9 IN THE STRUCTURE OF A LARGE DIAMOND SPLIT INTO FOUR SMALLER CONNECTED DIAMONDS WITHIN ITS STRUCTURE. AT THIS STAGE OUR PLAYERS WILL BE 'LEARNING TO PLAY THE GAME' AS THEY BEGIN TO BUILD A GREATER UNDERSTANDING OF THE KEY ATTACKING AND DEFENSIVE PRINCIPLES.

FOR STAGE 5 WE'LL MOVE ONTO OUR U13-U15 PLAYERS. THEY WILL BE 'PLAYING THE GAME', BEING INTRODUCED TO THE ACTUAL GAME OF SOCCER IN A COMPREHENSIVE 11V11 FORMAT. THIS IS WHEN WE START INTRODUCING MORE COMPLEX TACTICAL IDEAS AND CHALLENGE OUR PLAYER'S TECHNICAL ABILITIES.

STAGE 6 IS THE FINAL STAGE OF OUR PLAYER DEVELOPMENT, INVOLVING OUR HIGH SCHOOLERS FROM U16 TO U19. WE'RE NOW FOCUSING ON 'WINNING THE GAME'. EVERY PLAYER WHO REACHES THIS STAGE OF DEVELOPMENT WILL HAVE A STRONG TECHNICAL BASE AND GOOD UNDERSTANDING OF THE GAME. THEY WILL NOW BE PUT TO THE TEST BY LEARNING INTRICATE TACTICAL VARIATIONS AND ADAPTING TO COMPETE AGAINST THEIR OPPONENTS IN REAL TIME.



CLUB PLAYING PHILOSOPHY

BY COMBINING *OUR PHILOSOPHY* IN TEACHING TECHNICAL SKILLS, A SIMPLE PLAYING STYLE, CLEAR PROGRESSIONS, FOCUSING ON PERFORMANCES OVER RESULTS AND ALLOWING OUR PLAYERS TO MAKE DECISIONS AND EXPRESS THEMSELVES CREATIVELY, WE BELIEVE WE ARE PROMOTING OUR PLAYERS' LONG-TERM DEVELOPMENT FOR THEM TO BE SUCCESSFUL THROUGHOUT THEIR HIGH SCHOOL SOCCER YEARS AND LEAD ON TO A COLLEGE PLAYING CAREER FOR THOSE WHO HOLD THOSE ASPIRATIONS.



DEVELOPMENT AGE APPROPRIATE FOR PLAYERS (QUICK EXPLANATION AND FOCUS)

6 TO 8 YEARS OLD.

IT IS CRUCIAL THAT WE FOCUS ON MAKING OUR PRACTICES ENJOYABLE THROUGH FUN GAMES. BY ENSURING THAT EVERY PLAYER HAS MAXIMUM CONTACT WITH THE BALL AND THE FREEDOM TO EXPERIMENT, WE CAN HELP THEM DEVELOP THEIR SKILLS EFFECTIVELY.

ENCOURAGING OUR YOUNG PLAYERS TO BUILD RELATIONSHIPS WITH THEIR TEAMMATES AND ASSIGNING THEM VARIOUS RESPONSIBILITIES WILL FOSTER A SENSE OF TEAMWORK AND CAMARADERIE.

LET'S ALSO REMEMBER TO INCORPORATE BASIC MOTOR SKILLS LIKE WALKING, RUNNING, AND JUMPING INTO OUR DRILLS, COMBINING THEM WITH ESSENTIAL BALL HANDLING AND CONTROL EXERCISES TO ENHANCE OVERALL PERFORMANCE.

9 TO 12 YEARS OLD.

THIS AGE GROUP IS UNIQUELY POSITIONED TO ABSORB AND REFINE SPECIFIC SOCCER TECHNIQUES AND SKILLS.

IT IS CRUCIAL TO FOCUS ON INDIVIDUAL SKILLS AT THIS STAGE, INCLUDING ONE-ON-ONE AND TWO-ON-ONE ATTACKING AND DEFENDING SITUATIONS, ALONG WITH PASSING TECHNIQUES. UTILIZING SMALL-SIDED GAMES CAN HELP INSTILL BASIC ATTACKING AND DEFENSIVE PRINCIPLES WHILE FOSTERING TEAMWORK.

TACTICAL TRAINING MUST COVER VARIOUS ASPECTS SUCH AS POSSESSION, COMBINATION PLAY, TRANSITION, FINISHING IN THE FINAL THIRD, AND ZONAL DEFENDING. TO PREVENT EARLY SPECIALIZATION, PLAYERS SHOULD ROTATE BETWEEN DIFFERENT POSITIONS TO BROADEN THEIR SKILL SET.

MOREOVER, ENHANCING SPEED, COORDINATION, BALANCE, AND AGILITY ARE KEY PHYSICAL ASPECTS TO EMPHASIZE DURING THIS DEVELOPMENTAL STAGE.

13 TO 14 YEARS OLD.

OUR TRAINING SESSIONS ARE CURRENTLY FOCUSED ON TACTICS, WITH PLAYERS PRACTICING IN LARGER SPACES. IT IS CRUCIAL FOR ALL PLAYERS TO WORK ON VARIOUS TECHNIQUES DURING THIS STAGE. STRENGTH AND ENDURANCE TRAINING ARE ALSO VITAL COMPONENTS OF OUR FITNESS ROUTINE.



DEVELOPMENT AGE APPROPRIATE FOR PLAYERS (QUICK EXPLANATION AND FOCUS)

AS WE PROGRESS, IT IS IMPORTANT TO ENSURE THAT OUR COACHING METHODS PRIORITIZE AND SAFEGUARD THE HEALTH OF OUR PLAYERS, ESPECIALLY CONSIDERING THE PHYSICAL CHANGES THAT CAN OCCUR DURING PUBERTY. WARM-UPS, COOL-DOWNS, AND DYNAMIC FLEXIBILITY EXERCISES ARE ESSENTIAL FOR INJURY PREVENTION.

ADDITIONALLY, DISCIPLINE DEVELOPMENT IS KEY AT THIS JUNIOR STAGE. IT IS IMPERATIVE FOR PLAYERS TO ADHERE TO THE COACH'S INSTRUCTIONS BOTH DURING TRAINING SESSIONS AND IN THEIR PERSONAL FITNESS ROUTINES.

15 TO 18 YEARS OLD.

AS WE PROGRESS THROUGH OUR CURRENT TRAINING STAGE, I WANT TO EMPHASIZE THE SIGNIFICANT ROLE THAT TACTICAL TRAINING AND SMALL-SIDED GAMES PLAY IN OUR DEVELOPMENT. IT IS ESSENTIAL THAT BOTH OFFENSIVE AND DEFENSIVE PRINCIPLES ARE CLEARLY DEMONSTRATED DURING OUR SESSIONS.

THROUGHOUT OUR TRAINING, WE WILL FOCUS ON KEY COMPONENTS SUCH AS QUICK PLAY, FAST TRANSITIONS, COUNTERATTACKS, AND EFFECTIVENESS IN THE FINAL THIRD. ADDITIONALLY, PRESSING WILL BE A CRUCIAL ASPECT THAT WE WILL WORK ON. TECHNIQUE-WISE, SPEED AND PRECISION SHOULD BE PRIORITIZED, WITH A PARTICULAR EMPHASIS ON PASSING AND FINISHING.

FURTHERMORE, CERTAIN TECHNICAL ASPECTS OF OUR TRAINING WILL BE TAILORED TO SPECIFIC PLAYER ROLES. THE PHYSICAL ASPECT IS EQUALLY IMPORTANT, WITH OUR WEEKLY ROUTINES TARGETING ENDURANCE, STRENGTH, AND SPEED IMPROVEMENTS.

I WOULD LIKE TO REMIND EVERYONE OF THE EXPECTATION TO FULLY COMMIT TO THE TEAM, MAINTAIN FOCUS DURING TRAINING, AND BRING A COMPETITIVE SPIRIT TO OUR GAMES. YOUR DEDICATION AND EFFORT ARE INSTRUMENTAL IN OUR COLLECTIVE SUCCESS.

19 TO 20 YEARS OLD.

WE'RE CURRENTLY DIVING DEEP INTO THE TACTICAL SIDE OF THE GAME, WITH A STRONG FOCUS ON STRATEGY AND SET PIECES. IT'S A CRUCIAL PART OF OUR PREPARATION, AND I MUST SAY, OUR TEAM IS REALLY STEPPING UP IN THESE AREAS.

ADDITIONALLY, THE TECHNICAL AND PHYSICAL TRAINING IS CENTERED AROUND EXPLOSIVE ACTIONS. IT'S INTENSE, BUT I CAN ALREADY FEEL THE POSITIVE IMPACT IT'S HAVING ON MY GAMEPLAY. CAN'T WAIT TO SEE THE RESULTS ON THE FIELD!