



PLAYER DEVELOPMENT PROGRAM

Our goal is to assist in the development of foundation skills needed for the soccer player of today. For the younger athletes proper coaching is essential for soccer development later in life. **IAD uses a comprehensive development process to improve primary skills such as; dribbling, running with the ball, passing, receiving, heading, shooting and defensive skills.**

Soccer skills should be broken down into their basic form to create an ideal learning environment. **We also believe that the learning experience must be structured as well as fun, allowing the young soccer player hundreds of touches on the ball every session to achieve skill mastery.** It is the integrated approach to coaching that makes the IAD fundamental skills training perfect for young players.



IAD PHILOSOPHY

IAD™ is committed to the belief that engaging in the process of athletic development facilitates the meaningful formation of lifelong values such as discipline, work ethic, team work, and self-esteem. IAD utilizes small group training sessions allowing coaches to spend more time working to develop individual athletes.

IAD FACILITY

Integrated Athletic Development is a 100,000 sq.ft. world class facility that includes a climate controlled indoor turf field, Mondo Track, professional strength training area and 6 full size basketball courts. IAD is a great training platform for developing the young Athlete.



For more information and to schedule your FREE TRIAL session call 972-242-6000 ext. 0 or email us at frontdesk2@iadathletes.com

Luke Dunstan CSCS

Originally from the UK, Luke moved to Texas, 2 years after graduating from Kingston University in London, earning his Bachelors in Sport Science. Luke played semi-professional soccer in his homeland for 4 years with Horsham Town and East Grinstead. He was a Toshiba Southern Youth League Winner with Crawley Town and a Junior winner with Fulham FC of the EPL. Since then he spent time coaching youth soccer both in England and in the Tri-state area of the United States. Previous to IAD, Luke worked at Velocity Sports Performance Southlake, during that time he designed and coordinated 3 Soccer Performance Camps and worked with Oscar Pareja's of the FC Dallas Juniors.

Luke is a certified Strength and Conditioning Specialist through the National Strength and Conditioning Association and holds accreditation through the American College of Sports Medicine. He also holds coaching certifications from the English Football Association and the National Soccer Coaching Association of America.

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