

U15 FIRST TEAM

The U15 First Team programs emphasize technical development while exposing players to other key elements (such as speed and pressure) required to develop as a soccer player. Technical sessions are the foundation of the program focusing on passing, control, shooting, defending, dribbling and attacking. Reserves players have the opportunity to choose one technical session and up to three specialty programs.

U15 Technical

The Technical Program is conducted in small groups with a coach to player ratio of 1:6. Within this program the players are taught fundamental components of the beautiful game. They learn the proper mechanics for the following topics:

| | |
|-------------------------------------|---------------------------|
| Block 1: Dribbling | Block 2: Passing |
| Block 3: Control | Block 4: Shooting |
| Block 5: Attacking/Defending | Block 6: Receiving |

U15 Ball Mastery: Encourage Ingenuity

The Ball Mastery program is designed to encourage creativity. Training targets specific skills in a pressure free environment allowing players to learn through trial and error. The program will encourage players to learn from the ball and to get excited about trying new things.

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|---|
| Block 1: Using Multiple Surfaces of the Feet |
| Block 2: Changes of Direction |
| Block 3: Learning to Combine Various Skills |
| Block 4: Creativity out of the Air |
| Block 5: Reaction & Speed |
| Block 6: 1 vs. 1s |

| FIRST TEAM Year 1 & 2 U15's 2004/2005 | FIRST TEAM Year 1 & 2 U15's 2004/2005 |
|--|--|
| Technique | Technical +1 |
| Developing Consistency | Add Ball Mastery: Promote Ingenuity OR Add Scrimmage |
| 8 Week - \$250 | 8 Week - \$450 |
| MEMBERSHIPS | |
| 6 Months | |
| \$675 | \$1215 |
| 12 Months | |
| \$1275 | \$2295 |

U17 FIRST TEAM

The U17 First Team programs emphasize technical development while exposing players to other key elements (such as speed and pressure) required to develop as a soccer player. Technical sessions are the foundation of the program focusing on passing, control, shooting, defending, dribbling and attacking. Reserves players have the opportunity to choose one technical session and up to three specialty programs.

U17 Technical: Execute Technique with Consistency

The Technical Program is conducted in small groups with a coach to player ratio of 1:6. Within this program the players are taught fundamental components of the beautiful game. They learn the proper mechanics for the following components.

| | |
|-------------------------------------|----------------------------|
| Block 1: Dribbling | Block 2: Passing |
| Block 3: Control | Block 4: Shooting |
| Block 5: Attacking/Defending | Block 6: Long Balls |

They then learn to use each component and apply these mechanics in multidirectional drills and competitive situations in attempt to make these movements habitual during competition.

U17 Ball Mastery - Execute with Precision

The Ball Mastery program is designed to encourage creativity and build self-confidence on the ball. Training targets specific skills in a pressure free environment allowing players to learn through trial and error. The program will encourage players not to fear mistakes but rather to work with the ball to a point where it feels comfortable and instinctive.

| | |
|---|---|
| Block 1: Using Multiple Surfaces of the Feet | Block 2: Changes of Direction |
| Block 3: Learning to Combine Various Skills | Block 4: Creativity out of the Air |
| Block 5: Reaction & Speed | Block 6: 1 vs. 1s |

Futsal/Scrimmages

These scrimmages are molded around the international game of futsal; the only form of indoor soccer officially approved by FIFA. Many of the greatest soccer players in the world grew up playing Futsal. These small-sided games offer an opportunity for players to demonstrate the skills they have acquired through the other academy programs. Occurring as a 4 vs. 4 or 5 vs. 5 with the winning team staying on, it is a friendly competition-like atmosphere where players can relax and have fun!

| FIRST TEAM Year 3 & 4 U17's 2002/2003 | FIRST TEAM Year 3 & 4 U17's 2002/2003 | FIRST TEAM Year 3 & 4 U17's 2002/2003 |
|--|--|--|
| Technique | Technical +1 | Technical +2 |
| Developing Consistency | Add Ball Mastery: Reinforce Precision | Add Ball Mastery: Add Scrimmage |
| 8 Week - \$250 | 8 Week - \$450 | 8 Week - \$550 |
| MEMBERSHIPS | | |
| 6 Months | | |
| \$675 | \$1215 | \$1485 |
| 12 Months | | |
| \$1275 | \$2295 | \$2805 |