

U11 RESERVES PROGRAM

The U11 Reserves 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.

U11 Technical - Refining the Technique

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 to for the following topics:

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

U11 Ball Mastery - Spark Creativity

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.

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

RESERVES Year 1 & 2 U11's 2008/2009	RESERVES Year 1 & 2 U11's 2008/2009
Technical Refining The Technique	Technical + 1 Add Ball Mastery: Spark Creativity
8 Week - \$250	8 Week - \$450
MEMBERSHIPS	
6 Months	
\$675	\$1215
12 Months	
\$1275	\$2295

U13 RESERVES PROGRAM

The 13 Reserves 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.

U13 Technical - Execute the Technique at Speed

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.

U13 Ball Mastery - Inspire Confidence

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

RESERVES Year 3 & 4 U13's 2006/2007	RESERVES Year 3 & 4 U13's 2006/2007
Technical Execute The Technique At Speed 8 Week - \$250	Technical + 1 Add Ball Mastery: Inspire Confidence 8 Week - \$450
MEMBERSHIPS	
6 Months	
\$675	\$1215
12 Months	
\$1275	\$2295