

## **WINTER TRAINING PROGRAMS 2017-2018**

The PRIDE SC winter training programs are designed to help develop and maintain the individual technical abilities, decision making skills and physical fitness of players during the winter. The Premier Team programs are open only to PSC players, while the intermediate, academy and goalkeeper programs are open to any player, recreational or club, regardless of affiliation. A typical session will consist of 10 minutes of fitness/speed/agility, 30-40 minutes of technical/skill and 10-20 minutes of tactics/game awareness. Players will be placed in training groups based on PSC team, age, gender and/or ability. Days and times listed for each program below are what is expected, but will be subject to change based on number of players that register in each age group and/or program.

All members of the PRIDE SC winter coaching staff are licensed through the United States Soccer Federation (USSF) and/or the National Soccer Coaches Association of America (NSCAA) with multiple State, Regional and/or National Licenses!

**PREMIER TEAM PROGRAM (U8-U15)** - For players currently on PSC Teams. Technical topics include but are not limited to: dribbling, striking, first touch, passing, juggling, and finishing. Tactical issues covered will include: speed of play, combination play, 1v1, and group defending. Fitness elements will focus on speed, quickness, agility, balance, and core strength. Total of 10 sessions from mid-November through mid-February expected on following days/times

Boys Groups – Tue/Thu 6pm, 7pm or 8pm; Girls Groups – Tues/Wed at 6pm, 7pm, or 8pm

Cost is \$125

**PREMIER HS TEAM PROGRAM (U15-U19)** - For players currently playing on PSC HS Teams. This training will combine fitness elements with advanced technical and tactical play preparing players for the winter/spring season. There will be a total of 8 sessions during December and January expected to be on the following days/times:

U15-U16 Boys - Thu at 7 or 8pm; U17-U19 Boys – Thu at 4 or 5pm U15-U16 Girls - Wed at 7 or 8pm; U17-U19 Girls – Wed at 4 or 5pm

Cost is \$110

*Both Premier Team and Premier HS Team Programs will be overseen by Boys Director, Ryan McClay (boys groups) or Girls Director, Mark Casperson (girls groups) and sessions for those groups will be led by Ryan, Mark or another member of the PSC Coaching Staff.*

**INTERMEDIATE PROGRAM (U9-U15)** – For any player regardless of league, level or school affiliation. Various technical, tactical and fitness topics will be covered in order to take players to the next level. Players will be grouped based on age and level. Total of 10 sessions from mid-November through mid-February, with sessions expected on Wednesdays and Thursdays at 6 or 7pm.

Cost is \$125

### **ACADEMY PROGRAMS (U5-U9)**

Mini Academy (U5-U7) – Training sessions will emphasize the basic skills needed for the beginning soccer player using games and other fun activities. Simple tactics will also be taught through the use of small-sided games. Fitness will consist of agility and coordination activities.

Junior Academy (U7-U9) - Training sessions will emphasize skill development in the following areas: juggling, dribbling, passing, receiving, striking, 1v1 and possession. Fitness will consist of agility, quickness and coordination.

Academy Session 1 - 6 trainings in November and December on Tuesdays at 6 or 7pm

Academy Session 2 - 6 trainings in January and February on Tuesdays at 6 or 7pm

Cost for Academy Session - \$50

**GOALKEEPER PROGRAM (U7-U19)** – For the club level goalkeeper. Focus will be on the key technical abilities needed in game situations. Topics include but are not limited to: cutting off angles, high/low balls, reaction time, footwork, body position, diving, and catching.

Training groups are dependent upon number of interested players. Program will consist of 8 sessions in January and February, on the following days/times: Jan 7<sup>th</sup>, 6-8pm; Feb 18<sup>th</sup>, 4-6pm and other sessions on Wednesday and Thursday nights

Cost is \$115.

**FACILITY:** Eastside Athletics Complex, 11435 Lithopolis Road, Lithopolis, OH 43136

### **CONTACTS:**

Girls – Mark Casperson, coach.casperson@gmail.com

Academy – Alex Wentz, wentz.59@osu.edu

Boys – Ryan McClay, ryan.mcclay.pridesoc@gmail.com

Goalkeeper – Trevor Nelson, tjn61582@aol.com

**ALL PLAYERS MUST REGISTER at: [www.pridesoccerclub.com](http://www.pridesoccerclub.com) by October 27th**