



## Southeast Champions Winter Training Programs 2016-2017

The Southeast Champions Winter Training Programs are designed to help develop and maintain the individual technical abilities, decision making skills (tactical awareness) and fitness of players during the winter. These programs are open to any player, recreational or club, regardless of affiliation. A typical 60 minute 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 age, gender and ability. The session dates/times are flexible and you can request changes to fit your schedule in case you play another sport or have other conflicts.

Every member of the SECFL Coaching Staff is licensed through the United States Soccer Federation (USSF) and includes but is not limited to the following coaches: Mark Casperson (USSF 'D' License, SECFL Director, Pride SC Girls Director), Jeff Krigbaum (USSF 'B' License, Pride SC Executive Director), Ian Doherty (USSF 'C' License, Pride SC Youth Development Director), Ryan McClay (USSF 'B' License, Pride SC Boys Director), Mark Massey (USSF 'D' License), Trevor Nelson (USSF 'E' License, NSCAA Level III Regional Goalkeeping Diploma, Pride SC and SECFL Goalkeeper Trainer), and Tyler Kimmet (USSF 'D' License)

**Premier Program (U7-U15)** – For the player involved in club or select soccer. Technical topics include but are not limited to: dribbling moves, turning, striking the ball, first touch, passing, juggling, and finishing. Tactical issues covered will include: speed of play, combination play, group defending, 1v1 attacking/defending. Fitness will focus on speed, quickness, agility, balance, and core strength. The program will consist of 12 sessions over the entire winter (mostly 1 session per week, sometimes 1 every two weeks). Cost is \$135.

**High School Advanced Premier Program (U15-U19)** – For high school players only. This training will combine fitness elements with advanced technical play preparing players for the winter/spring season. There will be 8 sessions during December and January, so it will not conflict with any of the November or February club sessions. Cost is \$115

**Mini Academy Programs (U5-U7)** – For the player who is just beginning and is currently playing in a recreation league. Training sessions will emphasize the basic skills needed for the beginning soccer player using games and other fun training activities. Simple tactics will also be taught through the use of small-sided games. Fitness will consist of agility and coordination activities. Program one is 6 training sessions in November and December, program two is 6 training sessions in January and February. Cost per program is \$50.

**Junior Academy Programs (U7-U9)** - For the player who is beginning and is playing at a recreational level and desires a higher level of technical training. 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. Program one is 6 training sessions in November and December, program two is 6 training sessions in January and February. Cost is per program is \$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 beginning in January. Cost is \$115.

**Fitness, Speed, Agility Program (U7-U19)** – Focused on preparing and conditioning players for the spring season by improving total fitness as well as speed and agility. Will combine soccer specific activities with techniques to increase speed and strength. Program will consist of 6 sessions in January and February. Cost is \$80.

**Small Group Training and Open Field Sessions** – Available upon request and based on demand. Cost is dependent on group size.

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

**CONTACT:** Mark Casperson (SECFL Director), coach.casperson@gmail.com, 614-216-0876

**ALL PLAYERS MUST REGISTER at:  
[www.pridesoccerclub.com](http://www.pridesoccerclub.com)  
by October 28<sup>th</sup> or  
December 16<sup>th</sup> (for Jan/Feb programs only)**