

U9 Girls Invitational Supplemental Winter Training Program

Program Concept:

8:1 Player to trainer ratio allows for personal attention not found in any other off season program!

Top level players need to play with better players in order to maximize potential. A "Select Program" is designed to bring high level players together in order to accelerate the learning process.

Having said that:

This particular program achieves the same expectations as a "Select Program" does. However players will not be cut. Instead players will be grouped after the second week with players of equal ability. Thus, creating two or more teams of different skill sets. These selected teams will have eight (1.5hr) training sessions together and will culminate with all teams participating in an indoor tournament. Individual teams will compete against opponents of equal ability.

Basically we will create an "A" team and a "B" team. If there are enough participants a 3rd "C" team will be created. These teams will not be created until the second week when all players have been evaluated fairly by the staff.

*****Teams rosters will consist of 8 players to maximize player/trainer interaction providing a more personal experience for all players.*****

Soccer for Life does not feel it necessary to disappoint young players and "cut" them at this very impressionable age. We feel that all players should be given the opportunity to participate and therefore enhance their foundational skills in the off season if they choose to do so. Players should be rewarded for making an effort to improve on their own, not dismissed. From past experience we realize this is an extremely fun and rewarding program. We would like all players to have the opportunity to participate in it at least once before U11. In the future players will have to face the reality of not making a team and unfortunately not having a "B" team to fall back on.

Confidence
Self-Esteem

Character

Program Description:

This program does not interfere with Fall and Spring travel soccer. This is strictly a supplemental Winter program.

Soccer for Life will be inviting individual U9 Girls from Morris, Essex and Union Counties to participate in this program. Players will train once a week for 1.5 hours by professional Soccer for Life trainers. The program will run for 10 weeks and will conclude with each team participating in an indoor tournament.

During the first two training sessions players will be randomly divided and trained by a Soccer for Life instructor. These two training sessions will serve as a way for the staff to identify the skill set of each individual player. SFL trainers will then evaluate and rank players at the conclusion of the second week. After the second week players will be divided into groups of 8 and placed on a team that best fits their skill set and ability. These selected teams will then train together with the same trainer for the remaining eight sessions. The ten training sessions will conclude with each team participating in a separate indoor tournament against teams of equal footing. All players will be given individually numbered Soccer for Life Jersey's to play in.

Tournament date and location is TBD.

Soccer for Life Trainers will be – Jesse Corazza, Justin Corazza and Lia Fierro

Teams will only roster 8 players - allowing for more playing time during tournament play.

Training sessions will focus on the following:

Technical Sessions Including:

- Individual ball and foot skills
- Dribbling - moves and turns
- Passing
- Shooting
- Heading
- Receiving
- Defense

Tactical Sessions On:

- Combination play
- Offensive strategy
- Defensive strategy
- Communication
- Conditioning
- Speed and agility
- Formations

Program Details:

Friday Training Dates:

12/16, 12/23, 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17 and 3/2

Time: 3:30 to 5:00pm

Location: The Sports Academy Millburn, NJ

Tournament Date and Location: TBD

Cost: \$475 (Includes 8:1 Player to trainer ratio, SFL Jersey and all tournament fees)

***** Only 8 players to 1 trainer *****
Small groups equals better individual results!

**** TO REGISTER AND PAY SECURELY ONLINE CLICK HERE****

<http://soccerforlife.com/register/u9-girls-winter-training-program-2011.aspx>

For more information please email me at

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or call
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Thank you,



Jesse Corazza

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