

# **SOCCKER<sup>FOR</sup>LIFE**

56 East Willow Street  
Millburn, NJ 07041  
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## **U11/U12 Boys Winter Soccer Program**

### **Program Concept:**

This particular program achieves the same expectations as a "Select Program" does. However players will not have to try out and players will not be cut. Instead all players will be accepted. Players will have ten (1.5hr) training sessions together. The team can then choose to compete in an indoor tournament against opponents of equal ability.

*(additional fees would apply)*

Soccer for Life does not feel it necessary to disappoint young players and "cut" them at this 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.

**Confidence**  
**Self-Esteem**

**Character**

**SOCCKER<sup>FOR</sup>LIFE** 



## **Program Description:**

Soccer for Life will be inviting U11 and U12 boys from Morris, Essex and Union Counties to participate in this off season winter training program.

### **There is no tryout associated with this program**

- Players will be accepted on a first come first serve basis
- Roster will have a maximum of 12 to 14 players.
- Players will have the option to compete in an indoor tournament by ability at the end of the sessions  
(additional tournament fees would apply)
- Players must register and pay online to secure spot in the program.

### **Training sessions will include:**

#### ***Technical Sessions:***

- Conditioning
- Individual ball and foot skills
- Speed and agility
- Passing
- Shooting
- Heading
- Receiving
- Defense

#### ***Tactical Sessions:***

- Combination play
- Offensive strategy
- Defensive strategy
- Communication
- Formations

***Emphasis will be placed on strength, conditioning , speed and agility training designed for the HS athlete.***

## **Program Details:**

### **Saturday Training Dates:**

12/17, 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 3/3 and 3/10

**Time:** 12:30pm to 2:00pm

**Location:** The Sports Academy, Millburn

**Cost:** \$395

**\*\* TO REGISTER AND PAY SECURELY ONLINE CLICK BELOW\*\***

<http://soccerforlife.com/register/u11u12-boys-winter-soccer-program.aspx>

**For more information please email:**

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or call  
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[www.soccerforlife.com](http://www.soccerforlife.com)

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