

Core Soccer Academy

Fall Youth U5 - U10 Training Program

Core Soccer Academy

Core Soccer Academy is offering a new re-energized youth program designed for 5-10 year olds. This camp offers a fun, technical and tactical learning environment. The groups are small so that each player gets the attention needed from the coach to really develop their technical and tactical skills. The goal of the Core youth program is to offer a high level of professional training, that includes detailed drills and a positive training environment. The biggest difference between the camps is that the youth academy is to help develop young players into better players and help them to learn at the right speed and to have as much fun playing the game, this will help build optimal training performance. It is designed to take each player to the next level.

Program Dates & Details

- September - 13th - 20th - 27th
- October - 4th - 11th - 18th - 25th
- November - 1st
- Sunday's: 1 hour sessions / 8 week program
- Time: **U5-U6** 12-1pm / **U7-U8** 1-2pm / **U9** 2-3pm / **U10** 3-4pm

2009 Fall Youth Training Registration Information

Name: _____

Team: _____

Age: _____ DOB _____ M/F _____

Address: _____

City: _____ Zip: _____

Parent/Guardian's Name/s: _____

Phone (Home) _____

Emergency Phone # _____

Email Address _____

- Youth Kickers group U5-U6 / \$65 _____
- Fast Feet group U7-U8 / \$75 _____
- Skill Select group U9 / \$80 _____
- Competitive Elite U10 / \$100 _____

T-shirt size: YS _____ YM _____ YL _____ YXL _____ AS _____

Payment:

Ck _____ or CC _____

CC# _____

Exp. Date _____

Signature _____

Name on Card _____

Mail to: **Core Soccer Academy**
3534 JFK Pkwy, Ste C
Fort Collins, CO 80525

Fax to: **(970) 207-1486**

Parents release for medical treatment:

My child has my permission to play soccer. On my child's behalf I hereby release persons with Core Soccer of liability for injury from risks normally associated with playing or watching soccer. I authorize the coaches or training officials to obtain medical attention for my child in case of any emergency if unable to reach the physician stated below, and I release them from any responsibility for such medical attention.

Parent/Guardian signature: _____

Name of Physician: _____

Phone: _____

Please list any known ALLERGIES, DISABILITIES, or MEDICAL PROBLEMS: _____

Technical Topics covered

- Ball skills, Agility, foot work, and speed drills
- Technique of receiving the ball under pressure
- Good control when dribbling
- Skill moves to beat a player, hesitation moves
- Shooting with the correct technique, power
- Crossing the ball when attacking, shooting, angles
- Correct technique of defending, tackling, containing
- Introduction to tactical concepts of small sided games
- 1v1 - 2v2 - 3v3 - 4v4 attacking and defending
- Fitness and explosion drills
- Fun games, goofy soccer games and drills

Program groups and times

Sundays @ Fossil Ridge High School

Youth kickers group \$65 - Age U5 - U6 / Sunday 12-1pm

- Fun skill drills / early motor skill development

Fast Feet group \$75 - Age U7- U8 / Sunday 2-3pm

- Creating a good foundation of quick feet, first touch and confidence

Skill select group \$80 - Age U9 / Sunday 3-4pm

- Developing the confidence to beat players with skill moves

Competitive Elite \$100 - Age U10 / Sunday 4-5pm

- The complete and best U10 training program, covers ever area to help players get ready for the competitive level

- October 4th Fun Day -

During the Program we will hold a Fun day on October 4th, this will be a day that we mix up players and play a variety of small sided games, parents are invited to join in. To test there skills against the rising stars.

There will also be a BBQ during the session weather permitting for all the parents & players and Core coaches.

