

## Fall Soccer Skills Training Program Program Introduction and Groups

The 2011 edition of Fall Program will consist of following training sessions. The age groups for the program will reflect those of the 2012 age grouping. Each age group has limited spots and we encourage you to register as soon as possible. Not only this will assist us administratively but there is an early bird fee.

The Fall Camp will be held this year at Hillcrest High School and Franco High School. There will be six sessions on September 17, 24, October 1, 15, 22 and 29.

- U5-U6      Players born in 2006 and 2007  
Program Description: individual player skills.  
The program will be an extension to our successful DSP program, which provides the first steps to anyone who wants to fall in love with the game. Training focus will be on individual skills development.  
Time: Boys and Girls 10:30am to 11:30am  
Cost: 40\$
- U7 – U8      Players born in 2004 & 2005  
Program Description: individual player skills.  
The program will be an extension to our successful DSP program, which provides the first steps to anyone who wants to fall in love with the game. Training focus will be on individual skills development.  
Time: Boys 9:30am to 11:00am, Girls 12:00pm to 1:30pm  
Cost: 50\$
- U9            Players born in 2003  
Program Description: The program will provide a bridge for players who want to enter the club LTAD (Long Term Athlete Development) program while also making sure every participant is enjoying the game. There will be a parents meeting discussing options for DSP and LTAD program.  
Time: Boys 9:30am to 11:00am, Girls 12:00pm to 1:30pm  
Cost: 50\$
- U10          Players born in 2002  
Program Description: The program will focus on developing the basic skills needed to play and enjoy mini soccer.  
Time: Boys 9:30am to 11:00am, Girls 12:00pm to 1:30pm  
Cost: 50\$
- U11          Players born in 2001

Program Description: The program will provide a chance for players to keep on developing their individual skills and will also challenge them to reach new goals.  
Time: Boys 9:30am to 11:00am, Girls 12:00pm to 1:30pm  
Cost: 50\$

- U12            Players born in 2000  
Program Description: The program being offered for this age group is an introduction to full field soccer to assist players in making a smooth transition from mini soccer to the full field. On October 16<sup>th</sup> a series of friendly exhibition games will be organized on full size fields, which will offer a new learning experience to everyone.  
Time: Boys 9:30am to 11:30am, Girls 12:00pm to 2:00pm  
Cost: 70\$
- U13 – U14    Players born in 1998 & 1999  
Program Description: This program is for players who are thinking of joining Competitive soccer or for competitive players for whom we will offer them the right environment to acquire and develop new skills and confidence.  
Time: Boys 9:30am to 11:30am, Girls 12:00pm to 2:00pm  
Cost: 70\$
- BU14 L3      Players born in 1998  
Program Description: A select group will be having a camp where they will be selecting a squad for winter training. This camp is designed for players in playing and training at the highest level.  
Time: 9:30am to 11:30am  
Cost: 70\$
- GU14 L3      Players born in 1998  
Program Description: A select group will be having a camp where they will be selecting a squad for winter training. This camp is designed for players in playing and training at the highest level.  
Time: 12:00pm to 2:00pm  
Cost: 70\$
- GU15 +        Players born in 1997 & Up  
The program will provide the opportunity for players to refine their skills.  
Time: This will depend on interest  
Cost: 70\$
- GU15 L3      Players born in 1997  
Program Description: A select group will participate in a camp where the Coaches will be selecting a squad for winter training. This camp is designed for players who are interested in playing and training at the highest level.  
Time: 9:00am to 11:30am  
Location: Elizabeth Manley Park

Cost: \$70

A trip to Philadelphia is planned, if it gathers enough interest, where players will have a chance to play in a number of exhibition games at the conclusion of the program. Over the past years the girls' teams have had the opportunity to travel and enjoy a fun weekend in Philadelphia and play exhibition games with Quakertown Soccer Club. There will also be a training session ran by a high level coach from Quakertown Soccer Club.