



2011/2012 "CENTER OF EXCELLENCE"

Field Player (U7-U15) Skills Development

- The "Center of Excellence" program is for boys and girls in the U7-U15 age groups. Training will be provided by the top PSA Master Trainers
- This exciting **FIELD PLAYER SKILLS DEVELOPMENT** program will take place at the Plymouth Creek Center Dome on Friday evenings (U7-U10: 6:00pm-7:00pm), (U11-U12: 7:00pm-8:00pm), (U13-U15: 8:00pm-9:00pm)
- The focus of the program is to teach, and develop, individual technical and tactical skills, working through small-group activities and games. All sessions are structured with a US Youth Soccer age-appropriate soccer curriculum

Two 8-Week Blocks:

Block 1 (\$120): November 4, 11, 18, December 2, 9, 16, January 6, 13

Block 2 (\$120): January 20, 27, February 3, 10, 17, 24, March 2, 9

Places are very limited for each age group; ACT NOW & Register to guarantee your place!

STRONGLY RECOMMENDED:

Register for Blocks 1 & 2 (\$200) to save \$\$\$ and guarantee your place

- The "Center of Excellence" provides an opportunity for players to continue their development in a training environment that is designed to accelerate their individual skills.
- This is a terrific program that will help transition players to a more competitive level by emphasizing the necessary skills needed for success in higher-level soccer.
- Regardless of age, players will be challenged to their limits. At each session, the PSA Master Trainers will expose players to new and creative ways to develop their skills.

Weekly sessions will include the following:

Warm-Up:	Dynamic Flex and Static Stretching
Physical Training:	Strength, Speed and Endurance
Technical Skills:	Dribbling, Passing, Receiving, Shooting/Finishing and Heading
Tactical Skills:	Attacking and Defending Principles

- Soccer is evolving into a very complex and physically demanding sport. The trend in modern soccer is toward improving the player's technical skills and tactics within the game.
- This program takes soccer players along the path towards achieving high-level skills.
- Age group skills development will be provided by gender and age and players will be divided by ability, where possible.