



Carolina FC Early Development Program: 2021 Spring Season

Ages: Players aged 3 - 5 years old, born before January 2018

Time: 4:15pm – 5pm

Dates: Mondays, February 8th – March 31st

Registration Price: \$75

Locations: Carolina FC Complex and McCracken Middle School

Staff: Staff will include CFC Director of Youth Player Development Colin Francis and CFC Staff

Carolina FC's EDP Program provides a curriculum framework for children focusing on soccer skills tailored to include: Physical Literacy, Basic Motor Skills, Emotional, personal and social development, Individual Ball Mastery, Cognitive Development.

Young players will be exposed to the World's # 1 skills method lead by qualified Coaching Instructors.

Training Overview:

Ball Mastery - *Exercises changing direction players work alone using the ball with high repetition of touches*

Physical Literacy - *Fun games incorporating game specific movements*

Small sided games - *1v1 & 3v3 games where players work alone using the ball with high repetition of touches*

Participation in this program will assist children in developing positive 'self esteem'; promote a healthy attitude towards physical activity as well as developing basic physical literacy and ball skills.

* Visit www.carolinafc.net for more information on all of our program offerings!

* Please feel free to contact us at admin@carolinafc.net with any questions or concerns you may have.

Please note that our season schedules are all subject to change based upon the direction from United States Youth Soccer, South Carolina Youth Soccer, federal, state and local government in regards to COVID-19. The safety of our players, coaches and parents is our top priority. Any camps that are cancelled due to the pandemic will be fully refunded.