



# EDEN PRAIRIE SOCCER CLUB

PASSION • RESPECT • EXCELLENCE

## EPSC Winter 2 Programming (January - March)

*Curriculum by Aaron Fenton, EPSC Youth Director*

### Players born 2008, 2009.

AGT (Age Group Training) and **Futsal** are covered in your Member fees.

There is also an additional “**SKILLS**” program that players can opt in to! **SKILLS** is ran by EPSC Professional Staff and the player **will** improve their game!

**SKILLS** is a *train when you can* additional opportunity for players to take your game up a notch!

### AGT

Program	Day	Time	Location	Dates	No Training	# of Sessions
Futsal	Fridays	615-730pm	CMS	1/10 – 3/20	3/13	10 Sessions
AGT	Sundays	720-835pm	EPHS Dome	1/5 – 3/22	2/2	11 Sessions

**Included in Member Fees**

### SKILLS

Day	Time	Location	Dates	No Training	# of Sessions
Tuesdays	720-835pm	EPHS Dome	1/7 – 3/24	N/A	12 Sessions
Thursdays	7-8pm	EPHS Dome	1/9 – 2/27	N/A	8 Sessions

**Registration opens November 1<sup>st</sup> – Additional Cost**

### 2008, 2009 Players - Curriculum Overview

*Detailed curriculum of every session will be provided electronically to players/families.*

#### 1. AGT Programs:

- AGT (Age Group Training)** technical training sessions that will challenge and develop the individual. The overall philosophy is to develop the individual and, in time, that will improve the team.
- Futsal** - Small sided games that encourages lots of touches, quick decision-making, transition, creativity, close control and high tempo action as well improving fitness.

- SKILLS Program** - SKILLS training led by experienced Staff and Trainers. Fine tune your current skills and add new ones through lots of small sided games, touches on the ball, and high-tempo, competitive action.

