



# EDEN PRAIRIE SOCCER CLUB

PASSION • RESPECT • EXCELLENCE

## EPSC Winter 2 Programming (January - March)

*Led by EPSC Directors*

### Players born 2001 through 2005

AGT (Age Group Training) is 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! Futsal included.

**SKILLS** is a *train when you can* additional opportunity for players currently not playing at the Red level. Take your game up a notch!

### AGT

Program	Day	Time	Location	Dates	No Training	# of Sessions
AGT	Sundays	840-950pm	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
Fridays	740-9pm	CMS	1/10 – 3/20	3/13	10 Sessions
Registration Opens November 1st					

### 2001 - 2005 Player - Curriculum Overview

*Players will be sent a detailed electronic session plan of all sessions.*

#### 1. AGT Programs:

a. **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.

2. **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.

a. **Futsal** - Small sided games that encourages lots of touches, quick decision-making, transition, creativity, close control and high tempo action as well improving fitness. Held at Central Middle School (CMS)

