

# UNITED F.C. FRIDAY NIGHT TRAINING

APRIL 28, MAY 5, MAY 19, JUNE 2, & JUNE 9

**HELD AT DERBY MIDDLE SCHOOL**

**OPEN TO ALL UNITED FC PLAYERS**

**DROP IN SESSIONS – NO REGISTRATION REQUIRED**

## **TECHNICAL TRAINING:**

**5-6 pm U7-U11 (Birth Years 2010-2006)**

**6-7 pm U12 and older (Birth Years 2005-1998)**

All of our players have the option of an extra night of training to work on their individual technique. Players will work with their age group on a variety of technical based drills, with the ability to focus on and improve upon their game. Throughout the Spring, all of our United coaches will have the chance to work with your player, which allows them to gain the variety of knowledge that our coaching staff has to offer. Technical Fridays are a MUST for the dedicated player!

## **SPEED & AGILITY TRAINING:**

**5-6 pm U12 and older (Birth Years 2005-1998)**

**6-7 pm U7-U11 (Birth Years 2010-2006)**

United FC's popular youth quickness and agility training continues this Spring. The program is fun and engaging, and includes at home drills. Almost all of our drills this Spring will be sport specific, incorporating soccer skills and ball touches throughout. Also the popular quickness and agility obstacle course will include some new features. As always we emphasize proper stretching techniques through Yoga for athletes. For those dedicated athletes that want to measure their progress this Spring, we will also give them a chance to get timed in standard quickness and agility drills at the beginning and end of the program.