



PRE-SEASON Travel 2020/21 Training Week

(for returning & accepted players)

Fee: \$225

To register, go to www.westportsoccer.org (on your cell phone or computer)

Mon, Aug 24 - Fri, Aug 28

Long Lots Upper & Lower Fields

U11-U15 boys & U11-U13 girls **1pm - 3pm**

U9 & U10 boys & girls **3:15pm - 5:15pm**

WSA / MKS Pre-Season Description

As the fall season approaches, most clubs are concerned with preparing their players for competition. During the WSA Pre-Season week with Mickey Kydes Soccer (MKS) Coaches, players will concentrate on the development of skills and fitness without the stress of impending competition.

MKS Coaches use the best blend of training to get players prepared and in a good shape for the season, focusing on fitness and technical exercises that can realistically be expected to improve player performance in this limited but crucial training period. As a player, you will enjoy and appreciate the fine-tuning that the MKS Coaches provide to your game, not just at Pre-Season week but later on in the season as well.

Pre-Season curriculum:

Team Work and Communication

Dribbling

Passing & Receiving

Finishing

1 v 1 Attack & Defend

Combination Play

Possession - Awareness

Coordination, Speed & Agility

By participating in WSA's Travel Soccer Pre-Season training, the enjoyment factor of the whole Travel Team experience will increase and you will get to know and earn the respect of your teammates.

Soccer fitness is demanding. Get a head start on the season. As we say at MKS, your improved skill and fitness will leave you better prepared to "Think, Act and Be Creative".

The Pre-Season week is optional but highly recommended. Scholarships are not offered.

QUESTIONS?

WSA Travel Program Director: Diarmuid Hogan, travel@westportsoccer.org

WSA Travel MK Coaching Director Boys: Alan Zuniga, azngsoccer@sbcglobal.net

WSA Travel MK Coaching Director Girls: Jen Larson, jl Larson1223@gmail.com

WSA Travel Volunteers Director: Tony Hill, anthony.hill@wsa-travel.org

WSA Registrar: Kathleen Galley, registrar@westportsoccer.org

WSA President: Andy Udell, president@westportsoccer.org