



## **U5-U8 Junior Academy Skills Development Program SPRING 2019**

Pride Soccer Club (“PSC”) is excited to offer the U5-U8 Spring Junior Academy Skills Development Program. This program is intended for players who are participating in a spring recreation league and crave additional training and skill development opportunities. The ideal participant loves the game and wants exposure to higher level coaching. Our Junior Academy is open to any player regardless of league or club affiliation. Each training session will focus on improving the individual players’ skill and technique and will be led by a licensed PSC coach. The program is open to both boys and girls. Players will learn activities they can take home and practice on their own. Particular importance will be placed on individual skill development. Training topics will include: dribbling, juggling, 1v1 attacking, 1v1 defending, striking, agility, and tactical awareness. Each participant will receive a PSC training shirt.

Cost: \$35

Includes: Six 60 minute training sessions with PSC coaching staff member and a PSC Training Shirt

U5-U6 Sessions: Mondays (6:00-7:00pm) – 4/8, 4/15, 4/22, 4/29, 5/6, 5/13

U7-U8 Sessions: Thursdays (6:00-7:00pm) – 4/11, 4/18, 4/25, 5/2, 5/9, 5/16

U5: 2014 Birth Year

U6: 2013 Birth Year

U7: 2012 Birth Year

U8: 2011 Birth Year

Players should bring soccer cleats, a ball, shinguards, and water to each session.

### Training Location:

Pride SC Training Fields (behind David Lutheran and Heritage Baptist Churches)

300 Groveport Road

Canal Winchester, OH 43110

### Contact:

Alex Wentz, Junior Academies Director

wentz.59@osu.edu

**Register online at [www.pridesoccerclub.com](http://www.pridesoccerclub.com)**

**Deadline to register is FRIDAY APRIL 5th**