

NORTHSTARS SOCCER SKILLS PROGRAM

Presented by the Town of Clay & Northstars Soccer Club



Roxboro Road Middle School

Time: 6-7:10pm

Ages: 5-12 years

Cost: \$85 *includes 6-week practice sessions, jersey, gold medal*

Tuesdays: Sept. 8th, 15th, 22nd, 29th, October 6th, 13th

THE PROGRAM

The Academy is a once a week skills program. This is an ideal program for busy families that cannot dedicate 2 days a week to soccer. We incorporate a 20-minute scrimmage/game as a stand-alone station each weekly practice. The focus at this age is to make players more comfortable with the ball at their feet and introduce the game in a relaxed environment. Your child will learn the basic fundamentals of soccer in a fun, yet structured environment. The academy program philosophy is to emphasize player development and focus on technical skill development of each child. Practice is broken into stations incorporating dribbling, passing, trapping, shooting, ball skills, agility footwork, attacking & defending concepts into fun games. Our goal is to make sure all players become technically sound on the ball, so that they can spend their time managing the challenges in the game, not the challenges of the ball, thus making soccer more enjoyable to play.

PROGRAM DIRECTOR

Todd Cook- Director of Men's Soccer Operations at Syracuse University 2015-2019, Program Director of the Northstars Soccer Club (2003-Present), USSF National C-License, Skaneateles Girls Varsity Soccer Head Coach (2012-2014), 2012 & 2013 OHSL Liberty League Coach of the Year, LeMoyne College Men's Soccer Player (1998-2001)

For more info contact Program Director: Todd Cook tcook2@nscsd.org 315. 415.0454

Follow us @facebook.com/NorthstarsSoccerClub

Register online @ townofclay.recdesk.com / or mail bottom section & check into the PO Box

Checks payable to Town of Clay: Send registration & payment to:
Northstars Soccer Club, PO Box 72 N. Syracuse, NY 13212

REGISTRATION

Player Name _____

Age _____

Email _____

Jersey Size YS YM YL YXL AS AM

Phone # _____

Allergies or Special Health Concerns _____