



## 3<sup>R</sup>D N I G H T T R A I N I N G

Spring 2010

### For Travel Players U10 to U14

The focus of 3rd night training is to improve individual skill development. Sessions will include:

- Agility, Balance, Coordination Training
- Isolated Technical Training
- Finishing Techniques – on the ground/in the air

Number of Sessions: 6

Date: Fridays, 4/16/10 to 5/21/10

Time: 5:30pm to 6:30pm

Location: Heritage Oaks Park

Cost: \$60 for 6 sessions \*\*Must sign up for all 6 sessions.

### R E G I S T R A T I O N I N F O

|                 |               |
|-----------------|---------------|
| Participant #1: | Current Team: |
| Participant #2: | Current Team: |

### P A Y M E N T I N F O

|  |  |                   |
|--|--|-------------------|
| Amount: \$                               | Check enclosed: (payable to Ela Soccer Club) # |                   |
| Charge Credit Card: MC/Visa/Disc Number: |  |                   |
| Expiration:                              | CWV:   | Billing Zip Code: |
| Signature:                               |  |                   |

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