

# INDOOR TRAINING PROGRAM

- ⚽ The program is designed to help improve house league players' soccer skills: dribbling, passing, receiving, headers, shooting, keep-ups, and the fundamentals of soccer. All at the recreational house league level, learning skills, while still having fun.
- ⚽ After the focus on soccer skills, players will be put into real small sided game-situations, testing their skills, strategy, and tactics.

**WINTER SESSION: \$140**

**EVERY SAT JAN 14<sup>TH</sup> – SAT MAR 31<sup>ST</sup> (11 WEEKS)**



Clarkson Sheridan Soccer Club, is proud to continue a House League Indoor program for the 2012 winter season.

The first year indoor house league is an organized soccer program for players of all ability levels. This program is specifically designed for the casual recreational player of all ages, whose primary objective is learning the game, by emphasizing on having fun, and fair play over winning and losing. The club will provide an academy t-shirt (shorts and socks not provided) and participants need to wear non-marking running shoes and shin pads are mandatory.

The program will have an instructional process focused on age appropriate activities to introduce and teach the basic skills of soccer at the youngest ages and provide a continuing learning and playing opportunity in the winter months.

## WHERE:

**HOMELANDS SR  
PUBLIC SCHOOL –  
2420 HOMELANDS  
DRIVE**

## **AGE & TIME**

**→4-7 @ 9AM-10AM**

**→8-11 @ 10AM-11AM**

**→12-15 @ 11AM-12**

<u>AGE</u>	<u>YEAR BORN</u>		<u>LOCATION</u>	<u>PROGRAM</u>
4/5	2008/2007	Girls & Boys	Homelands PS	Indoor Skills Development
6/7	2006/2005	Girls & Boys	Homelands PS	Indoor Skills Development
8/9	2004/2003	Girls & Boys	Homelands PS	Indoor Skills Development
10/11	2002/2001	Girls & Boys	Homelands PS	Indoor Skills Development
12/13	2000/1999	Girls & Boys	Homelands PS	Indoor Skills Development
14/15	1998/1997	Girls & Boys	Homelands PS	Indoor Skills Development
16/17	1996/1995	Girls & Boys	Homelands PS	Indoor Skills Development