



DAKOTA UNITED
SOCCER CLUB

PURPOSE

- Explain all programming for the U11 Programming for Summer 2012



U11 BLUE VS. GOLD

- U11 Blue v. U11 Gold
- Blue- \$400
 - 3-5 days per week
 - extra optional “camp session 1 morning per week
 - 2 tournaments
- Gold- \$155
 - 2 days per week
 - no travel



COACHING

- All USSF Licensed
- Dependent on Team Number
- Staff will be announced shortly after the February 25th registration deadline.



TRAINING

- Blue team will train 3 days per week; and play 1 league game per week.
- Gold team will train 1 day per week; and 1 local league game per week.
- Training will consist of:
 - Endurance/Conditioning/Strength Training/Injury Prevention
 - Soccer Specific activities
 - Game Preparations

U I I TOURNAMENTS

- Tri-City Tournament in Fargo, June 22-24
- North Dakota Cup in Bismarck July, 27-29

QUESTIONS?

