

## **OWSC: September Updates**

#### **Winter Preview!**

The short Fall season is underway & moving fast! It has been fun watching our players out on the fields working hard & having fun. Our winter programming registrations are now live! Sessions begin the 1st week of November - check out the options below!



#### 2025 - 2026 Winter Programming

All indoor training will take place at the dome in Long Lake - 2465 W. Wayzata Blvd. Full details can be found on our website.



## Friday Night 5v5 League

Session 1 Registration Deadline: October 24

One of our most popular winter programs is back! The "Coach Free" league is built for those teams and players that would like to play in a stress-free environment, no coaching, just soccer and



## Skills & Scrimmage

Session 1 Registration Deadline: October 27

Weekly Skills & Scrimmage is a dynamic winter training program designed for youth players who want to sharpen their technical abilities and enjoy the game in a fun, competitive environment.

fun! U8/U9-U18 players eligible. 6 weeks of games. Games run Friday nights starting November 7th. Open to players outside of the club.

Learn More & Register

Each weekly session is split into two parts:

- Individual Ball Mastery (First Half): Focused technical training to improve dribbling, footwork, first touch, and control — tailored to each age group's developmental level.
- Structured Scrimmage Play (Second Half): Players put their skills into action in smallsided, age-appropriate scrimmages, encouraging creativity, decision-making, and teamwork in a game-like setting

Learn More & Register



#### Winter Goalkeeper Training

#### Session 1 Registration Deadline: October 21

Are you ready to take your game to the next level? Our Youth Goalkeeper Training Program is designed to build the skills, confidence, and agility you need to dominate between the posts. Improve reflexes & decision-making Master key techniques: positioning, handling, and diving Build strength and stamina for game-winning performances.

Learn More & Register

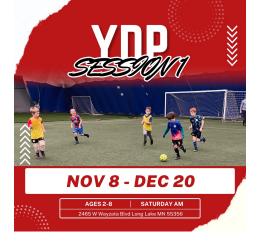


# Individual or Small Group Training

Improve your soccer skills with individual and small group training by getting more reps, specific instruction and individualized feedback. Each session is 1-hour and will be led by a OWSC staff coach.

Players will follow a comprehensive training plan personalized to each player or group.

Learn More & Register



#### **Winter YDP**

#### Session 1 Registration Deadline: October 25

The Orono Westonka Soccer Youth Development Program (YDP) is for players 2 - 8 years old looking for a soccer experience that emphasizes participation, learning and fun. Our program offers youth players the opportunity to learn the skills, techniques and rules of soccer in a fun and healthy environment. All players will receive a team jersey.

3 Sessions Available - Session 1 runs Saturday mornings starting November 8th through December 20th. No soccer on November 29th.

- Minis (2 & 3 Year Olds)
- Rising Stars (Pre-K)
- Junior Academy (Kindergarten)
- Development Academy (1st & 2nd Grade)

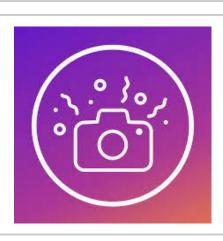
**WINTER YDP** 



#### **Adult Pick Up Soccer**

Get ready to lace up and hit the turf! We're kicking off 5v5 adult pick-up soccer games starting this November — and everyone's welcome. Whether you're a seasoned player or just looking for a fun way to stay active, come join the game!

Learn More & Register



### **Follow Along**

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