

IMPACT TRAINING & GAMES

Ages: 12-18 yrs, (born 2006-2012)

Through skill and technique focused exercises / small sided games / guided and free play, players will develop:

- Practice and use of soccer techniques
- Game awareness and decision making
- Endurance, teamwork, communication and leadership skills
- Self direction in training

Registration cost: \$340.00 (Includes jersey/socks)

Requirements:

- Shin guards, cleats and black shorts are required for all players

Schedules:

12-14 yrs Boys and Girls Co-ed (born 2010 - 2012)

Monday 6.15pm-7.15pm & Wednesday 7.30pm - 8.30pm

Sessions: Nov. 1/6/8/13/15/20/22/27/29
Dec. 4/6/11/13/18/20
Jan. 8/10/15/17/22/29 **Note: Jan. 24th is rescheduled for March**
Feb. 5/7/12/14/21/26/28
Mar. 6

15-18 yrs Boys and Girls Co-ed (born 2006 - 2009)

Tuesday & Thursday 7.00pm - 8.00pm

Sessions: Nov. 2/7/9/14/16/21/23/28
Dec. 5/7/12/14/19/21
Jan. 9/11/16/18/30 **Note: Jan. 23 and Jan. 25th have been rescheduled for March**
Feb. 1/6/8/13/15/20/22/27/29
Mar. 5/7