



Young Americans Spring 2020

U7 - "Kickers"

Americans Soccer Club is proud to announce the Spring 2020 training and development program for the U7 Kickers!



- ✓ Program curriculum developed by Director of Coaching Ben Elliott
- ✓ High level training with experienced & licensed training professionals
- ✓ Develop the most important soccer skills at an early age

U7 Kickers' 9 Week Training Program

Boys & Girls born in 2013

- ✓ 1 hour training sessions held weekly 4-5pm Thursdays from April 16th-June 11th @ Bogert School Field Upper Saddle River
- ✓ 4v4 small sided 60 minute games run intra-squad format on Saturdays @ 2pm starting April 18th
- ✓ In-season tournaments & festivals including Ridgewood Fathers' Day Tournament in June 2020
- ✓ Program Goals:
 - ✓ Gain confidence, maintain creativity & instill a love of the game
 - ✓ Learn and develop effective skills to improve individual ability
 - ✓ Burn off energy through age-appropriate physical exertion
 - ✓ Transition to more scrimmage-related sessions to prepare for next years' U8 Travel Program
- ✓ All players receive official game Americans Soccer Club Logo t-shirts



For more information or to **Register Now! Space is Limited!**
visit <http://www.americansoccerclub.org/page/show/3900838-u7-kickers>