



How will my child be grouped and what will he/ she learn?

I. Basics

U7 – U9 Training Program

- Passing & Receiving
- Dribbling
- Running with the ball
- Controlling
- Shooting / Striking the ball
- Moves / Fakes / 1 v 1 Attacking & Defending
- Heading

II. Intermediate

U10 - U11 Training Program

- Receiving / Turning
- Possession
- Combination play
- Setting up passes
- Creating space
- Playing with you back to goal
- Defensive / Attacking heading
- Defending 1 v 1

III. Advanced

U12 and U15 Training Program

- Speed of play
- Possession with a purpose
- Transition
- Combination play
- Creating space
- Third man running
- Playing with your back to goal