

SOCCER TRAINING



THE JUNIOR ACADEMY SOCCER TRAINING

BEGINNING MAY 2, 2019

The Junior Academy is a great place to improve your soccer skills. Our licensed, professional coaching staff will provide you with technical and tactical skills while creating a fun environment so you get the most out of your experience.

DETAILS

- Boys and Girls
- Ages 7-12 year olds
- Licensed, professional coaching staff
- Players will work on some training for 30-40 minutes, then scrimmage and play.

TOPICS

- Technical - Dribbling, passing, striking/shooting, control, turning, heading, 1v1 moves
- Tactical - Spacing, combination play, individual and group defending, movement
- Physical - Speed, agility, balance, coordination, acceleration, strength
- Psychological - Focus, concentration, memory, dealing with success, coping with adversity



SCHEDULE

DATE	DAY	TIME
May 2	Thursday	6pm
May 9	Thursday	6pm
May 16	Thursday	6pm
May 23	Thursday	6pm
May 30	Thursday	6pm
Jun 6	Thursday	6pm

REGISTRATION

COST: **\$60***

DEADLINE TO REGISTER: **APRIL 20th**

REGISTER AT: theCentrePA.com

*COST DOES NOT INCLUDE ANNUAL PLAYER FEE OF \$24.



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PURGRASS TURF



THE CENTRE
NITTANY VALLEY SPORTS CENTRE

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