



PEORIA YOUTH SPORTS &
VALPARAISO UNITED PRESENT
FALL SOCCER TRAINING ACADEMY



WHAT WILL YOU LEARN?

- Proper Warm Up
- Running Mechanics
- Core Strength
- Dribbling, Passing, and Shooting Skills

Everything has a Focus...
Progression is Key!



PROGRAM DESCRIPTION

City of Peoria Sports and the Valparaiso United Futbol Club have teamed up to provide offseason training camps to help participants advance their skills and gain a greater love of the game. Training methods will be based on developing progressions and mastering control of your body and movements.

When: Fridays (6 weeks from Nov. 11 – Dec. 16)

Where: Rio Vista Community Park

Cost: \$60 for Peoria Resident / \$80 for Non-Resident

Courses: Ages 5-8 6:00-7:00pm Course #: 66998
Ages 9-14 7:15-8:15pm Course #: 66999

Register at recreation.peoriaaz.gov/econnect or by calling 623-773-7137. For information, email jeff.crane@peoriaaz.gov.

COACH'S CLINIC – FRIDAY, NOVEMBER 11 @ 6:00PM

Are you a current City of Peoria Soccer coach or interested in coaching in the spring? Learn from one of the best clubs in the state. Instruction will include how to develop a practice schedule, teaching proper fundamentals, and how to keep players engaged. If interested please RSVP to jeff.crane@peoriaaz.gov by Nov. 8.

CERTIFIED TRAINING STAFF

Valparaiso United staff will lead all sessions. Coaches are experienced and certified to teach participants how to move with more athletic precision; we have also developed a technical training program designed to improve and sharpen player's soccer skills with the ball

Athletic Focus:

1. Learn a proper warm up
2. Learn running techniques that will make you faster
3. Learn body awareness and improve your ability to stop quicker
4. Build core and hip strength to prevent injury
5. Turn your new strength into power and speed

Technical Soccer Focus:

1. Learn proper dribbling technique
2. Learn the proper passing technique
3. Learn how to receive any ball on the ground or out of the air
4. Develop proper shooting technique
5. Learn how and when to apply your new skills in a game