

## THE CHALLENGER SKILL DEVELOPMENT PROGRAM



### Texoma Soccer Association

*Fairview Park Complex, Sherman TX*

We will provide you with seven (7) one and a half (1.5) hour weekly training, conditioning and skill development sessions, along with advanced instruction and physical training necessary to help your player achieve a higher level of play. Each week the players will take part in technical, tactical and physical training sessions that will sharpen their skills, improve their decision-making and increase their speed and fitness.

**Mon... March 21 – May 2 ..... 5:30 – 7:00 ..... U5-U8 .....\$40**

**Mon..... March 21 – May 2 ..... 7:00 – 8:30 ..... U9-U17 .....\$40**

***\*\*\*Open to Texoma Registered Players Only... Space is Limited\*\*\****

Your players can get a head start on their opponents by developing sound core techniques and developing a greater understanding of the game. Here are some of the key areas that the players will focus on during the eight week program.

- Passing, Control and Movement
- Individual Skills, Feints & Moves
- Dribbling, Turning, and Running with the ball
- Shooting, Heading, and Volleying
- Individual and Group Defending
- 1 v 1, 2 v 2, and 3 v 3 Attacking
- U11 & above Advanced Technical skills, tactical thinking and teaching of the game

For more information please email: [ChallengerSDP@ChallengerSports.com](mailto:ChallengerSDP@ChallengerSports.com)

Space is limited in each session – please register on line now clicking on the link below:

**[TEXOMA SOCCER SPRING 2011 SKILL DEVELOPMENT PROGRAM](#)**