



## GS ENGLISH SOCCER TRAINING

### U7 & U8 PDP – 4:00-5:00

The philosophy behind this program is to let the game teach the players. The game will guide them through the development with a little help from our professional staff.

The facility used has a wood floor, so indoor sneakers are required (best practice is to change into sneakers at the school so they don't bring dirt from outside –thus the players shoes grip) Shin guards are a must, NO GUARDS NO PLAY!

No need to bring a ball, we use two different kinds of balls. For skill development portion of the session we use a ball designed for indoor play (it plays slower helping with skill development). When we scrimmage (small sided allowing more touches) we use a FUTSAL ball which is smaller leather and heavier promoting more small touches to control and increase the speed of play.

**Dates** Jan 15, 22, 29, Feb 5, 12, 19, 26 Mar 5

Location: Vare Field House Springside School, 8000 Cherokee Street, Chestnut Hill

Cost: \$155 / player

Duration: 8-week sessions

Players will receive an Academy shirt

- Players are asked to bring a non marking indoor shoes, shin-guards and water/energy drink.
- No parents are allowed on or in the gym (there is a balcony to watch)
- Please use the Vare Field house parking lot. It is situated behind the school
- No coats or bags allowed in the gym/court – coat hooks can be found near the entrance
- No one under 18 allowed in the elevator without adult supervision
- Must wear GS Soccer Training Shirt