

Foot skills : Cost \$70.00 for each 8 week session.

Start 12/4-2/5: There will be a 2nd session information to follow.

Class times: Sundays will be reserved for modifies, JV and Varsity. If they do not fill up the session times will open to others.

Sunday: 12-1_____ 1-2_____

2-3_____ 3-4_____

Tuesday: 6-7 Beginner class_____

7-8 _____

8-9_____

Wednesday: 6-7 Beginner class_____

7-8_____

8-9_____

please have a 1st and 2nd choice.

Name:_____

Email:_____ Please print so I can read it

Phone number:_____

Make checks payable to Sharon Gilbride, mail to 8830 Baker Road, Bloomfield, NY 14469

Cell number: 760-3104, any questions

email: Sharon_gilbride@urmc.rochester.edu

Please make a notation what level you have completed prior to this year.

Session 1: Beginners- Never been to foot skills - Concentrates on ball control and dribbling techniques

Session 2: Builds on skills learned in session 1 - works on 1v1 and shooting technique

Players should have completed session 2 to move on to session 3

Session 3: Concentrates on passing technique, combination play

Session 4: Expands on Session 3 and works on speed of play and team shape.

Session 5 and 6: trapping, runs, work on passing with inside and outside of foot.

This is a progressive program that builds on the previous learning. Foot skills are important to the development of confidence in handling the ball and are necessary in order to implement team tactics.

