



**BOYS & GIRLS** 

POWERED BY

## AGES 3-6 7 WEEK PROGRAM

## **SCHEDULED TO START FRIDAY APRIL 11TH**

## TRAINING SESSIONS WILL INCLUDE:

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- BODY COORDINATION EXERCISE
- BODY MANIPULATION
- FUTBOL TECHNIQUES INTRODUCED
- FOCUSING ON TRUE PLAYER DEVELOPMENT
- 1 SESSION PER WEEK
- 60 MIN SESSIONS
- TURF & FUTSAL FIELDS
- QUALIFIED LICENSED USSF COACHES
- EXERCISE & FUN





## STEP UP PROGRAM ON WEDNESDAYS

2022 - 2021: 6 - 7 PM 2020 - 2019: 7 - 8 PM 2018 - 2017: 8 - 9 PM

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