



## Schools of Excellence (SOE)

Far Post's **Schools of Excellence** are indoor programs that run throughout the fall, winter, and spring. **Boys and girls ages 7-12** are welcome to enroll, and sessions meet for one hour per week for six weeks. Our **Schools of Excellence** are designed to improve individual skills and build that crucial technical foundation that is necessary for any soccer player to advance in the game. To this end we start each session with 4v4 warm-up competitions to maximize touches on the ball and maintain all the elements of the outdoor game. The sessions continue with individual ball control work, including attacking moves and "manipulations" ~ not only are these the skills needed to keep possession of the ball in the face of an opponent, they are also the moves and moments that make the game exciting to watch and play! Mastery of technique *must* be a priority in young soccer players. During the learning part of each session we will also have the players compete and play in some fun soccer-related games that will challenge their ball control skills and put smiles on their faces. All programs run for six weeks. Here are the major themes for this session:

### Session Three Theme – Creativity and Possession!

School of Excellence			
January-February			
Day	Date	U10	U12
Thursday	7-Jan-10	5-6pm	6-7pm
Thursday	21-Jan-10	5-6pm	6-7pm
Thursday	28-Jan-10	5-6pm	6-7pm
Thursday	4-Feb-10	5-6pm	6-7pm
Thursday	11-Feb-10	5-6pm	6-7pm
Thursday	18-Feb-10	5-6pm	5-6pm
March-April			
Day	Date	U10	U12
Thursday	4-Mar-10	5-6pm	6-7pm
Thursday	11-Mar-10	5-6pm	6-7pm
Thursday	18-Mar-10	5-6pm	6-7pm
Thursday	25-Mar-10	5-6pm	6-7pm
Thursday	1-Apr-10	5-6pm	6-7pm
Thursday	8-Apr-10	5-6pm	6-7pm

**Location:** Champlain Valley Exposition (in the Robert E. Miller Complex), Essex Junction.

**Cost:** \$100 per player

**Registration Deadline:** Deadline to register is ONE WEEK PRIOR to first day. The Far Post Soccer Club office MUST receive the application and payment by this date to guarantee registration. Acceptance is on a first come, first served basis until session is full. No refunds after this date.

**What to Bring:** Must wear indoor soccer shoes (no cleats) and shin guards with soccer socks pulled up and over the shin guards. Bring water!

**To register:** Email Todd Kingsbury at [todd@farpostsoccerclub.com](mailto:todd@farpostsoccerclub.com).