

# FAR POST SOCCER CLUB

## Excellence Program (SOE)

Far Post's **Excellence Program** is a training program that runs throughout the winter. Our goal is to provide technical/skill-building training for young players in a dynamic environment. Sessions meet for one hour per week for six weeks. Our **Excellence Programs** are designed to improve individual skills and build that crucial technical foundation that is necessary for any soccer player to advance in the game. Mastery of technique must be a priority in young soccer players.

### U8 and U10 Age Groups

Age	Training Days	Training Times	Costs
U8 Boys	Tuesday/Thursday	5-6pm	\$150
U8 Girls	Thursday	4-5pm	\$100
U10 Girls	Monday	4-5pm	\$75
U10 Boys	Monday	4-5pm	\$75
U12 Boys and Girls	Saturday	Rotating schedule for 90 minutes	\$100

Please note that we are unable to add any more players to our U10 boys and girls program running on Tuesdays and Thursdays. All we have to offer at this point are these technical sessions.

### Here is the major theme for each session

November-December 2011 – Ball Mastery and 1v1 – Beating a player on the dribble

January-February 2012 – Possession with a purpose – passing and receiving to score

March-April 2012 – Developing the Scoring Touch – Shooting and Goal-Scoring

U8/U10 Excellence	U8 Boys Excellence	U8 Girls Excellence	U12 Excellence
<b>Session Two</b>	<b>Second Session</b>	<b>Second Session</b>	<b>Session Two</b>
Monday, January 09, 2012	Tuesday, January 03, 2012	Thursday, January 05, 2012	Thursday, January 05, 2012
Monday, January 16, 2012	Tuesday, January 10, 2012	Thursday, January 12, 2012	Thursday, January 12, 2012
Monday, January 30, 2012	Tuesday, January 31, 2012	Thursday, February 02, 2012	Saturday, January 28 at 8:30am
Monday, February 06, 2012	Tuesday, February 07, 2012	Thursday, February 09, 2012	Thursday, February 02, 2012
Monday, February 13, 2012	Tuesday, February 14, 2012	Thursday, February 16, 2012	Thursday, February 09, 2012
Monday, February 20, 2012	Tuesday, February 21, 2012		Thursday, February 16, 2012
<b>Session Three</b>	<b>Third Session</b>	<b>Thursday</b>	<b>Thursday</b>
Monday, March 05, 2012	Tuesday, March 06, 2012	Thursday, March 08, 2012	18-Feb-12 at 8:30am
Monday, March 12, 2012	Tuesday, March 13, 2012	Thursday, March 15, 2012	3-Mar-12 at 10am
Monday, March 19, 2012	Tuesday, March 20, 2012	Thursday, March 22, 2012	10-Mar-12 at 11:30am
Monday, March 26, 2012	Tuesday, March 27, 2012	Thursday, March 29, 2012	24-Mar-12 at 10am
Monday, April 02, 2012	Tuesday, April 03, 2012	Thursday, April 05, 2012	31-Mar-12 at 11:30am
Monday, April 09, 2012	Tuesday, April 10, 2012	Thursday, April 12, 2012	7-Apr-12 at 8:30am

**Note** – The dates shaded are nights when we are closed, so there will be no training/play.

**Location** – Far Post Indoor Facility at Champlain Valley Expo (Robert E. Miller Complex – Expo North), Essex Junction.

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