



Junior Academy

Far Post's **Junior Academy** is an indoor program that runs throughout the fall and winter for boys and girls ages 11-14. Sessions meet for 1.5 hours per week for six weeks – Boys on Wednesday nights at 5pm and girls on Monday at 5pm. Our **Junior Academy** is designed to focus attention solely on developing the attacking skill and mentality of the players that participate.

This program takes training to another level and challenges players to a higher degree. Many people believe that "attackers and goal-scorers are born." The program challenges these beliefs; it challenges the players to look at themselves differently. Players will learn to believe in their goal scoring capabilities more while at the same time be more capable in the critical skills needed to beat players 1v1 and score goals. The sessions will use creative and dynamic technical sessions and small group tactical sessions to help players learn how to exploit goal-scoring situations. The sessions will be high-paced and competitive.

Session One Theme – Ball Handling and Beating a player 1v1

Session Two Theme – Possession with a purpose – scoring goals

Session Three Theme – Finishing and Discovering that 'Finishing Touch'

Girls Junior Academy	Boys Junior Academy
Second Session	Second Session
Monday, January 02, 2012	Wednesday, January 04, 2012
Monday, January 09, 2012	Wednesday, January 11, 2012
Monday, January 16, 2012	Wednesday, January 18, 2012
Monday, January 23, 2012	Wednesday, January 25, 2012
Monday, January 30, 2012	Wednesday, February 01, 2012
Monday, February 06, 2012	Wednesday, February 08, 2012
Monday, February 13, 2012	Wednesday, February 15, 2012

Note – Dates highlighted in purple are days which we are closed and there will be no training session.

Times – All training sessions run from 5-6:30pm

Location – The Far Post Indoor Facility is located at the Champlain Valley Exposition in the Robert E. Miller Complex – Expo North, Essex Junction.

Cost – \$125 per player (The boy's session is prorated at \$115 with one less training date)

To register – Email Todd Kingsbury at todd@farpostsoccerclub.com