

Winter Developmental Skill Program for U11-U14

Winter Skill Program

This program is offered to all players who are between the ages of 10 and 14. The tenor of this program is to provide additional training to players who want or need more to prepare them for a more competitive environment. Players who want to tryout for EMFC will have a chance to participate in a competitive environment. This Program is run by Bryn Dennehy and other EMFC licensed coaches. The EMFC coaching staff will make sure that groups remain small (10-12 players) and close in skill and age.

The sessions focus on technical skills. Players will work on footskills, juggling, moves, passing and receiving, and finishing. After one hour of individual skills, players will then play small-sided futsal games. In these games, players are encouraged to apply their newly learned skills in a fast paced game with a ball that is slightly smaller and heavier than a regular soccer ball to encourage work with the ball.

All of the sessions below are going to be at the following location:

Footskill sessions for U11-U12 players:

Who: Players born between 8/1/00 and 7/31/98

When: Fridays 5:00-7:00pm:

December 2 has been moved to Saturday December 3 from 9-11am at Oak Hill

Friday December 9, 16 2011 and January 6, 13, 20, 27 2012

Oak Hill School Gymn, just above Lane Community College

86397 Eldon Schafer Drive

Eugene, OR 97405

Footskill sessions for U13-14/5 players:

Who: Players born between 8/1/98 and 7/31/96

When: Saturdays 2:00-4:00pm: **December 3, 10, 17 2011 and January 7, 14, 21, 28 2012**

Ridgeline Montessori Public Charter school

3411 Willamette Street (next to South Eugene post office)

Eugene, OR 97405

Cost: 7 footskills sessions plus 1hr of futsal games: \$100

Individual footskill session plus 1hr futsal game: \$20

Please register online for either of those programs. Click on the Registration button on our website at www.emfc.org and follow the directions.

Once you registered please send in your check to the following address:

**Eugene Metro Fútbol Club
PO Box 10914
Eugene, OR 97440**