

Winter Training Program

Great Falls Soccer Club has contracted with HPSA to run all Great Falls camp and clinic programs on behalf of the Club. For the 6th year, HPSA will again offer a wide variety of programs during the winter season for Great Falls Soccer players. Additional participants may be invited to participate in these programs as long as they register for them through Great Falls Soccer.

HI-Performance Soccer Academy strongly believes that one of the keys to developing strong technical and tactical soccer proficiency is to play soccer year round. For this reason HPSA has always worked to ensure HPSA trained teams and players have the opportunity to train during the winter. The goal of our winter program is to develop and enhance each player's individual dribbling, passing, and receiving skills through creative training and focused repetition. This year (2009-2010) facilities include: **Lake Fairfax turf fields (#1); Worldgate Athletic Gym in Herndon; the Herndon Community Center; and the Dulles Sportsplex.** Additional facilities may be added as we get further into the winter season OR additional time at the facilities already listed. This represents some of the premier indoor facilities in the area. These facilities are convenient for players from Great Falls and from players from other communities that play with Great Falls teams.

In addition to the practice sessions listed below, many GFSC travel teams elect to participate in winter leagues at the Sportsplex; or outdoors; or in an area Futsal League. If travel managers would like these sessions added to GFSC website registration (for ease of financial collections and also insurance coverage) then the Administrator (administrator@greatfallssoccer.com) should be contacted so this can be arranged.

All practices/clinics/skills sessions will use HP coach/trainer staff to run sessions. Futsal or League participation may be run using HP staff (contact the administrator for pricing details) OR may be run by a team parent (s).

Great Falls welcomes individual players to join one of our winter training sessions. We also welcome teams, or partial team groups, to our winter training and will work with Coaches and/or team managers to recommend drills focused on specific team needs. The winter training sessions are a mix of team training; age group training grouped by skill level; and specialty clinics (primarily the goal keeper sessions).

HPSA coaches and trainers also can accommodate working with individuals on a one-on-one basis; or working with small groups (2-8 players). For more information please see HP Soccer's website at www.hpsoccer.com.

GFSC Winter Program Descriptions:

RECREATIONAL/HOUSE PLAYERS:

U8-U14 Winter Skills for Recreational Players: These sessions are targeted at players currently participating in the House League Program (Recreational Soccer) or SFL (Suburban Friendship League). For the U8 group emphasis will be placed upon developing skills to assist with U9 travel tryouts in the spring. For U9-U14 players we will focus on improving foot skills and tactical play.

- **Saturdays 12:00-1:00 PM @ Lake Fairfax #1**
- **BEGINS IN JANUARY**
- U8 – U14 Recreational Players
- 1/2, 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27
- (9 Sessions)
- \$150.00

Goal Keeper Academy (U9-U14 Rec and Travel players) -- The Junior Goal Keeper Academy is designed for younger players interested in developing or further developing keeper skills. This program focuses on the principles of goalkeeping and goalkeeper safety. Goalkeepers are guided every step of the way, with an emphasis on mastering essential skills. The program introduces the proper fundamentals of goalkeeping focusing on technical correction and technique while establishing the proper building blocks in an environment that includes fun activities. The objective of the 10 week program will be to help each young goalkeeper develop a higher level of confidence in their abilities as Goalkeepers. This session is appropriate for both Travel and Recreational Keepers (Keepers will be subdivided by skill level).

Sessions will focus on:

- Stance & Setting (When do I get ready for the shot? What does my ready position look like?)
 - Handling Techniques
 - Diving Techniques (Not getting hurt; diving further)
 - One v Ones – Decisions on when to come off the line
 - Angle Play and Positioning – What is a Ball line?
 - Ball Distribution – throwing and punting
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- **Saturdays 12:00-1:00 @ Lake Fairfax Turf Field #1**

- **BEGINS IN JANUARY**
- 1/2, 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27 (9 sessions)
- \$150

Goal Keeper Academy (U9-U14 – Travel Players):

- **Tuesdays, 5:00-6:00 PM Lake Fairfax Turf Field #1**
- **BEGINS IN JANUARY**
- Outdoor
- 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23 (8 sessions)
- \$145

TRAVEL TEAMS and TRAVEL PLAYERS:

Our travel skills program focuses on improving the technical skills of each player with emphasis placed upon technical foot skills. All players will learn how to approach and perform throughout a training session: attitude, mental preparation, high level of concentration, and soccer- related strength, coordination, and agility exercises.

The following areas are emphasized during winter skills sessions:

- Receiving the ball
- Dribbling Techniques
- One on one & moves
- Quick foot work
- Passing with Precision
- Wall pass & Overlap
- Anticipating plays
- Small sided play
- Scrimmages

Many of the premier travel teams plan to train twice a week (a team session and a Cross Training session) and other teams once a week.

In general younger teams (U9-U12 but varies by team) often train indoors during the winter and the older teams outdoors. The schedule for 2008-2009 was developed after consultation with team managers and/or coaches based on feedback from individual teams.

Travel Team Winter Training Slots:

U9 Boys Travel Teams (U8s may join if room):

- Thursdays, 6:45-7:45 PM Herndon Community Center
- Indoor
- 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25, 3/2, 3/11, 3/18 (11 sessions)
- \$235

U9 Boys Travel Futsal and/or U9 Boys League Play:

- Session II Sportsplex – Jan-March
- Indoor
- \$115.00

U8-U10 Girls Travel Teams (Option A):

- Sundays, 6:00-7:00 PM Worldgate Gym in Herndon, VA
- Indoor
- U8 House players planning on travel next year may join
- 1/10, 1/17, 1/24, 1/31, 2/7, SKIP 2/14, 2/21, 2/28, 3/7, 3/14, 3/21 (10 sessions)
- \$225

U9 and U10 Girls Travel Teams (Option B):

- Mondays, 5:00-6:00 PM Sportsplex (Field #1)
- Indoor full turf court (Scrimmages) – only 6 sessions
- Girls are encouraged to do both Option A and B but must do at least 1
- 2/1, 2/15, 2/22, 3/1, 3/8, 3/15 (6 sessions)
- \$125

U10 Boys Travel Team (Rapids and Revolution):

- Thursdays, 5:00-6:00 PM Sportsplex (Field #1)
- Indoor

- 1/14, 1/21, 1/29, 2/4, 2/11, 2/18, 2/25, 3/4, 3/8, 3/11, 3/18 (10 sessions)
- \$225

U10 Boys Travel League Play:

- Sportsplex – Managers will send dates to teams
- Indoor
- \$56.00

U11 Girls Spirit Travel Tea (Plus):

- Sundays, 4:00-5:00 PM Worldgate Gym in Herndon, VA
- Indoor
- 1/10, 1/17, 1/24, 1/31, 2/7, SKIP 2/14, 2/21, 2/28, 3/7, 3/14, 3/21 (10 sessions)
- \$225

U11 Boys Travel – United Team:

- Sundays, 5:00-6:00 PM Worldgate Gym in Herndon, VA
- Indoor
- 1/10, 1/17, 1/24, 1/31, 2/7, SKIP 2/14, 2/21, 2/28, 3/7, 3/14, 3/21 (10 sessions)
- \$225

U11 Boys Travel – Madrid Team:

- Multiple sessions – League play and Training sessions January-March
- Indoor
- Managers will send exact details to team
- \$564 for all indoor sessions (Futsal, League, Skills Training)
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U12 Boys Travel – Hotspurs:

- Sundays, 1:00-2:30 PM Lake Fairfax Turf Field #1
- Outdoor

- 12/6, 12/13, 12/20, 1/3, 1/10, 1/17, 1/24 1/31, 2/7, 2/14, 2/21, 2/28 (12 sessions)
- \$210

U11, U12, U13 Boys Travel (Madrid, Falcons, Mutiny and Rowdies):

- **Tuesdays, 5:00-6:00 PM Lake Fairfax Turf Field #1**
- Outdoor
- If enough team members sign up then sessions will be with team coach not mixed
- 12/1, 12/8, 12/15,12/22, 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23 (12 sessions)
- \$210

U13 GFA Cougars Travel:

- **Saturdays, 9:30-11:00 PM Lake Fairfax Turf Field**
- Outdoor
- 12/5, 12/12, 12/19,1/2, 1/9, 1/16, 1/23 1/30, 2/6, 2/13, 2/20, 2/27 (12 sessions)
- \$250

U14B GFA Rangers:

- **Tuesdays, 6:00-7:30 PM Lake Fairfax Turf Field #1**
- 12/1, 12/8, 12/15,12/22, 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23 (12 sessions)
- **Sundays, 1:00-2:30 PM Lake Fairfax Turf Field #1**
- 2/7, 2/14, 2/21, 2/28 (4 sessions)
- Winter Scrimmages
- \$265

U15 94 Elite:

- **Tuesdays, 6:00-7:30 PM Lake Fairfax Turf Field #1**
- 12/1, 12/8, 12/15,12/22, 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23 (132sessions)
- **Sundays, 1:00-2:30 PM Lake Fairfax Turf Field #1**
- 12/6, 12/13, 12/20, 1/3, 1/10, 1/17, 1/24 1/31, 2/7, 2/14, 2/21, 2/28 (12 sessions)

- Also includes November post season training (final game through end November practice – 4? sessions)
- Includes winter tournaments (3)
- Winter Scrimmages
- \$395

U14 Venom:

- **Tuesdays, 6:00-7:30 PM Lake Fairfax Turf Field #1**
- 12/1, 12/8, 12/15,12/22, 1/5, 1/12, 1/19, 1/26 , 2/2, 2/9, 2/16, 2/23 (12 sessions)
- \$250

U13, U14, U15 Girls Travel (Fusion, Real Force, Mystics, Liberty):

- **Saturdays, 11:00-12:00 PM Lake Fairfax Turf Field**
- Outdoor
- 12/5, 12/12, 12/19,1/2, 1/9, 1/16, 1/23 1/30, 2/6, 2/13, 2/20, 2/27 (12 sessions)
- \$210

U15 Boys Travel United:

- **Sundays, 1:00-2:30 PM Lake Fairfax Turf Field #1**
- Outdoor
- 12/6, 12/13, 12/20, 1/3, 1/10, 1/17, 1/24 1/31, 2/7, 2/14, 2/21, 2/28 (12 sessions)
- \$210

U16- U18 Boys Travel (Rovers, Warriors):

- **Saturdays, 9:30-11:00 PM Lake Fairfax Turf Field**
- Outdoor
- 12/5, 12/12, 12/19,1/2, 1/9, 1/16, 1/23 1/30, 2/6, 2/13, 2/20, 2/27 (12 sessions)
- \$250

U17Boys GFA 92 Blue:

- **Tuesday, 7:30-9:00 PM Lake Fairfax Turf Field #1**
- 12/1, 12/8, 12/15,12/22, 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23 (12 sessions)
- **Thursday, 7:30-9:00 PM Lake Fairfax Turf Field #1**
- 12/3, 12/10, 12/17, 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25 (11 sessions)
- Includes November training sessions (after final game – 4 -6 sessions)
- Includes winter tournaments (3 tournaments)
- Winter scrimmages
- \$395

U18 Boys Travel (91 Premier):

- **Tuesday, 7:30-9:00 PM Lake Fairfax Turf Field #1**
- 12/1, 12/8, 12/15,12/22, , 1/5, 1/12, 1/19, 1/26 2/2, 2/9, 2/16, 2/23 (12 sessions)
- **Thursday, 7:30-9:00 PM Lake Fairfax Turf Field #1**
- 12/3, 12/10, 12/17, 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25 (11 sessions)
- Includes November training sessions (after final game – 4 -6 sessions)
- Includes winter tournaments (3 tournaments)
- Winter scrimmages
- \$395

U18 Boys Travel (91 Elite):

THIS SCHEDULE FOR 91 ELITE IS VERY TENTATIVE – WILL BE FINALIZED OVER THE NEXT WEEK OR SO – TIME MAY BE REDUCED (and fees)

- **Tuesday, 7:30-9:00 PM Lake Fairfax Turf Field #1**
- 12/1, 12/8, 12/15,12/22, 1/5, 1/12, 1/19, 1/26 , 2/2,2/9, 2/16, 2/23 (12 sessions)
- **Thursday, 7:30-9:00 PM Lake Fairfax Turf Field #1**
- 12/3, 12/10, 12/17, 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25 (11 sessions)
- Includes November training sessions (after final game – 4 -6 sessions)
- Includes winter tournaments (3 tournaments)
- Winter scrimmages
- \$395