

Parents & Coaches:

Woodstown soccer coaches Brad English and Robert Polk are excited to bring futsal back to the Woodstown area again this year. Our goal is to provide a fun and safe environment for players to improve their overall soccer skills and develop confidence with the ball.

How does futsal help soccer players? Quite simply, the low bounce of the ball, the small sided activity, and speed of play increases a player's chance to play with the "toy" aka the ball. Our goal for these sessions is to help young players develop creativity and inventiveness while in possession of the ball. We also want to emphasize that players develop all parts of their game both offensively and defensively. This is a great opportunity for these players to take what they learn here and apply it to the outdoor game! We hope that you will join us!

A little information about our program.

- The total cost of our 9-week program is \$80 and you receive 8 weeks of training by USSF Nationally licensed coaches and a 9th week for a inter program, round robin tournament.
- Registration takes place on the first night of practice, January 7th.
- Ages 8-12 years old
- Payment can be made in full at registration or as a \$10 fee per session on an "as you can make it" basis.
- All players must provide shin guards and flats, or any shoe that is not a cleat.
- All practices will be held from 5:30 pm to 7:00 pm at the Sharptown Church multipurpose room located at 3 Chapel Street, Pilesgrove, NJ 08098.

Starting this year, we as coaches wanted to share with everyone exactly what we are covering during the program week by week.

Week 1 (January 7th) - Dribbling types

Week 2 (January 14th) - Dribbling turns

Week 3 (January 21st) - Dribbling to beat opponents

Week 4 (January 28th) - Passing and receiving

Week 5 (February 4th) - Combination play

Week 6 (February 11th) - Offensive shape

**Week 7 (February 18th) - Principles of defense
part 1**

**Week 8 (February 25th) - Principles of defense
part 2**

Week 9 (March 4th) - Round Robin Tournament

At the end of each practice there will be a scrimmage to allow the players to apply what they learned in a game-like situation.

