

The Royal Oak Football Club is proud to once again offer technical skills training this fall for all Royal Oak FC Recreational and Premier players born during the years 2004-2010!

**Technical skills training involves:**

- Fun training sessions designed to teach players how to protect the ball and evade opponents by deploying a variety of age-appropriate fakes, feints, and moves.
- Technical content prepared by Stephen Gorton, Royal Oak FC Director of Coaching and Oakland University Associate Head Men's Soccer Coach.
- Training led by licensed coaches from the Royal Oak FC Premier staff, as well as current players from Oakland University's Men's and Women's soccer teams.
- Excellent coach to player ratio.
- High energy, fast-paced training environment with an emphasis on high quality reps & feedback.

**Cost:** FREE!

**Dates:** Fridays, September 8, 15, 22, and 29

**Times:**

- 5:30-6:30 PM - Royal Oak FC Recreational players
- 6:30-7:30 PM - Royal Oak FC Premier players

**Location:** Worden Park, Lexington & Crooks (north of 13 Mile), Royal Oak, MI 48073

**Required equipment:**

- Properly inflated soccer ball.
- Shin guards covered with soccer socks.
- Soccer cleats or tennis shoes.
- Appropriate clothing for the weather.
- Long hair pulled back.
- Water bottle for drink breaks.
- Name clearly marked on all equipment & clothing items.

**Inclement Weather:**

- Weather related postponements or cancellations will be sent out via email and/or Facebook ASAP.
- If one or more of the sessions are cancelled due to inclement weather, we will add one additional session on Friday, October 6.

**Registration:**

- Players need to register online via their Royal Oak FC accounts.
- Demand for these sessions is very high, so please check your calendar PRIOR to registering and sign up only for dates you are certain to attend.
- If you need to cancel, please send a courtesy email ASAP to Todd Leman at [TLeman@RoyalOakFC.com](mailto:TLeman@RoyalOakFC.com) so a wait-listed player can attend.
- **PLEASE NOTE:** If you sign up and no-show for a session without informing us at least 24 hours in advance, you will be removed from all subsequent sessions for which you are registered.

**Questions:** Contact Todd Leman at [TLeman@RoyalOakFC.com](mailto:TLeman@RoyalOakFC.com).

*We look forward to seeing everyone at Worden Park on Friday evenings this fall!*