



DUXBURY TEAM TRAINING SESSIONS

PTUSA will be offering team specific training for all Duxbury Spring Travel Teams. These sessions will run once a week for 8 weeks (duration of season) and will cater specifically to your team's needs. PTUSA is offering these sessions at an hourly rate that would be split between your players. All PTUSA coaches are licensed professionals and come to our organization with a wealth of experience coaching the youth player. If you are interested in this training option for your players please call or email your age group coordinators by March 15th.

U10 Boys agcu10b@duxburyyouthsoccer.org
Dave Rezendes 934-0816
U10 Girls agcu10g@duxburyyouthsoccer.org
Jim Hill 837-3951
U12 Boys agcu12b@duxburyyouthsoccer.org
Sam Butcher 934-7135

U12 Girls agcu12g@duxburyyouthsoccer.org
Ed Smith 934-5599
U14 Boys agcu14b@duxburyyouthsoccer.org
Elissa Wyllie 834-1876
U14 Girls agcu14g@duxburyyouthsoccer.org
Allen Walker 934-0155

INDIVIDUAL PLAYER TRAINING OPTIONS

DUXBURY PREMIER TRAINING ACADEMY

Premier Training Academy is designed for the most passionate players, seeking the most competitive training environment. In addition to high tempo, dynamic technical training, players will be introduced to the most modern training methods available. All players will receive a full Concave/PTUSA Training uniform, a player evaluation and have the opportunity to play games/jamboree's against PTUSA Academies (Pembroke, Kingston, Plymouth and Sandwich). All sessions will be run by PTUSA's full time, professional (licensed) coaches.

The Academy will start the first week in April and run for 9 weeks.	
Days of the Week:	TBD
Venue:	Coppens Complex
Time:	Premier Training Academy Sessions 5:00-6:15pm
Cost:	\$150.00 for 9 weeks (special DYSA discount)

If your player is interested in training multiple nights at neighboring locations on the South Shore please see our website for a complete listing of sites.

BRAND NEW SPEED ACADEMY

These sessions will be soccer specific and designed to improve every player's overall quickness with greater precision. A 9 week program formatted to be age specific and focus on combining speed specific training with ball work. Areas of improvement include the following:

- The ability to accelerate quickly
- A high maximum speed
- The ability to react quickly
- Being able to twist, turn and change directions quickly
- The ability to produce fast bursts of fast running throughout the game
- The ability to read a situation and anticipate
- The ability to move the ball and use the ball at speed.

The Speed Academy will start the first week in April and run for 9 weeks.	
Days of the Week:	TBD
Venue:	Coppens Complex
Time:	Speed Academy 6:30-7:30pm
Cost:	\$125.00 (Players wishing to register for both Academies will receive a \$25.00 discount)

To register please call our office or register online at
WWW.ULTIMATESOCCER.ORG
508-385-2014