

Spring Training *for Strikers and Goalkeepers*

Continue your development during the school spring vacation with these functional sessions. This popular program will provide you the opportunity to train in an intense, dynamic and fun environment.

Date: Spring school Vacation (April 14th – 18th)

Time: 9am-12pm

Location: Miss Porters School, soccer fields (Farmington)

Cost: \$125

STRIKER CLINICS

+ Ages 10-12 - 'Attitude to Shoot'

Learn the art of shooting and the technique of scoring goals. This Functional Training will focus on the techniques of striking the ball include using both feet, all surfaces; accuracy in shooting, changing pace and direction, plus receiving and turning in preparation.

+ Ages 13-16 - 'Attitude to Shoot: Advanced'

Basic skills and techniques are further expanded upon. The students are placed in more challenging and demanding environments with more emphasis on the tactical considerations and implementation and execution of technical skill sets.

COACH: Avi Dubnov

- + Director of Coaching for SoccerPlus Elite
- + CCSU Men's Soccer Assistant Coach
- + Miss Porters Varsity Head Coach
- + ODP BU16 Head Coach
- + CT State Staff Assessor
- + ECNL Scout
- + USSF 'A' License
- + NSCAA Advanced National Diploma



GOALKEEPER

+ Ages 10-12 - 'Foundation of GK Techniques'

This program is an education about the technical components required to be a successful goalkeeper. This may be the first formal introduction to serious goalkeeper training or it may provide repetitions required to continue to evolve and fine-tune a players skills. You will walk away a better keeper and with the knowledge and tools to continue to improve.

+ Ages 13-16 - 'Advanced (Techniques, Tactics & Training)'

Developed for those goalkeepers who have already proven themselves proficient in the basic technical aspects of goalkeeping. Students will review technique at an accelerated pace and the main focus will be on advanced goalkeeping skills.

COACH: Jason Grubb

- + NSCAA National Goalkeeper Staff
- + USSF National Goalkeeping staff
- + SoccerPlus Goalkeeper School Director
- + NSCAA Advanced National Goalkeeper Diploma
- + UEFA 'B' License



REGISTRATION INFORMATION

PROGRAM

Striker: Ages 10-12 Ages 13-16
Goalkeeper: Ages 10-12 Ages 13-16

NAME _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

DATE OF BIRTH ____/____/____ **GENDER** _____

PHONE NUMBER _____

EMAIL _____

**Spaces for all programs are limited*

*Make check payable to "Avital Dubnov" and bring on arrival to first session with flyer

*To secure your place on the camp please contact avi@soccerpluselite.com or Jason@soccerpluselite.com