



# **JUNIORS Soccer Skills Training Program**

at the Gillette Road MS Gymnasium

**Directed by CNS Varsity Soccer Coaches:**

Mike McCaffery and John Ritter

**Directed by CUSA Youth Director Eric Bonnier**

**AND Assisted by: CNS Varsity Soccer Players & CUSA Coaching Staff**



**Training the Juniors Way:** Our mission is to serve the youth soccer players in the North Syracuse School District and neighboring areas of Central New York. Our professional staff, assisted by CNS Varsity Players, will run training stations for boys and girls Pre-K (4) to 7th Grade. By improving their technical ability and presenting game situations, we develop better players and help instill a passion for the game.

### **Who / When:**

- Boys & Girls PK (entering K in the fall 2017) to 7th Grade
- Grades- PK-2nd: 6:10 - 7:00 pm / 3rd-7th 7:10 - 8:00 pm

### **6 Dates:**

- Fridays - February 3 & 10; March 3, 10, 17, & 24
- \*March 31 can be used as a makeup date if needed\*

### **Cost and What's Included:**

- \$50 by January 20th - \$70 Thereafter
- JUNIORS Jersey
- USSF/NSCAA Staff assisted by CNS Varsity Players

**How to Register: Visit [cicerounitedsocceracademy.org](http://cicerounitedsocceracademy.org)**

1. Click the JUNIORS tab and then Register Here
2. Fill out the registration form (*Comments can be left there*)

### **Finalizing Registration / Payment Options:**

1. Recommended - Online with Xpress Pay  
\*Directions on registration page
2. In person December 16, 2016 OR January 6, 2017,  
6:30-7:30pm at the Gillette Road Middle School Gym
3. Mail Checks - CUSA JUNIORS, PO Box 1254, Cicero 13039  
\*Checks made out to CUSA JUNIORS - Add \$20 after 1/20/17\*

### **Nightly Training Schedule**

**-50 Minutes-**

#### **A. Training Stations Include**

##### **1. Dribbling & Ball Control:**

- Feints
- Directional Changes
- Possession
- Speed

##### **2. Small Sided Games:**

- 1 v 1, 2 v 2, and 3 v 3
- Gain Confidence in Game Decisions

##### **3. Striking, Finishing, & Goal Keeping:**

- Improve finishing/passing through repetition
- Introduce and practice goal keeping skills

##### **4. Speed, Agility, Quickness (SAQ):**

- Lateral Speed and Agility
- Reaction Time and Speed
- Muscle Strength
- Coordination

***Do not get shut out!***

***JUNIORS is only open to 1st 50 Paid Registrants in Each Time Slot***

***\*\*To meet our coaches and find out more please visit [cicerounitedsocceracademy.org](http://cicerounitedsocceracademy.org)\*\****

***The JUNIORS Way! Inspire - Set High Standards - Praise Effort - Instill a Love for the Game***

