

Goalkeeper Training For players under 8-18

This Program is specifically tailored for players that are playing as Goalkeepers.

Each player will be taught all the Techniques and skills, from beginners to advanced level.

The training will enable them to properly excel in this position with confidence.



Cost is \$75 for 8 weeks

Phone: 705 431-4516

innisfilschoolofexcellence@gmail.com

Web:www.innisfilsoccer.ca

The "First Kicks" Program



Mini Soccer Program for players U4-U6, born 2008-2006

This Program is specifically tailored for these mini players as they take their first kicks with the ball.

At this stage of the players young development they are introduced to the ball and are encouraged to have fun with the ball through various age appropriate games.

Cost is \$75 for 8 weeks

Innisfil Soccer Club

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Innisfil Soccer Club School of Excellence



Long Term Player
Development Program for boys
and girls 7-18

The Program will be focused on ensuring each player receives high level coaching and year round player centered training specific to their age.

Each player will be monitored and given feedback regularly.

**"Practice makes
permanent"**



School Of Excellence Program Description

This yearly program is broken down into 2 periods of training with a Fall and Winter session.



verbal feedback during this time.

Each period lasts 8 weeks. During that time players are continually evaluated each week. They each will be given an

The trainers also assign daily home training sessions for the players, so they can practice the topics they learn and excel even faster.

The curriculum has been designed by Innisfil Soccer Club, Director of Coaching and Player Development Mark Cristante. He has developed and trained players at all levels for many years and has based the training on his proven Coaching methodology. The overall goal of the program is to ensure each child is given the proper coaching information about the game of soccer at the correct stage of their personal development.

Mark Cristante

Innisfil S.C

Technical Director

6- TO 8 Year Olds- Fundamental Level- (House League/All Star/Select

- ◆ Build Motor skills development
- ◆ Players will be taught how to master the Ball
- ◆ Passing and Receiving- Ground

8-12 Year Olds- Learning To Train Level- (HouseLeague/AllStar/Select/Rep)

- ◆ Players continue to master the ball
- ◆ Passing and Receiving- Ground & Aerial
- ◆ Continued Development of Motor Skills
- ◆ Shooting and Finishing
- ◆ 1v1 attacking and defending
- ◆ Begin to learn the basic game - start to develop composure & creativity with the ball

12- TO 16-Year Olds- Training To Train Level- (Rep/Travel

- ◆ Advanced Ball Mastery
- ◆ 1v1 attacking and defending
- ◆ Advanced Passing and Receiving-Ground & Aerial
- ◆ Decision Making, Awareness, Creativity
- ◆ Understanding of Positional Play
- ◆ Advanced Shooting and Finishing

Each player will receive a School of Excellence training shirt.



We will also be offering these Programs

- ◆ Summer Soccer Camp Boys and Girls 6-16
- ◆ House League Boys and Girls 4-18
- ◆ Adult Summer League Men and Women
- ◆ Select/All Star Program Boys and Girls 8-16
- ◆ Competitive Program Boys and Girls 10-18
- ◆ Indoor Futsal League Boys and Girls 6-15



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