



TECHNICAL DEVELOPMENT PROGRAM (new for Spring 2010)

SMALL GROUP TRAINING (4 TO 6 players)

This is a great way to get in extra skill development during the week. All players are asked to sign up as a group of 4 to 6 players.

Each session will be run by a GLSA Professional Staff coach. Classes will have technical focus for the first portion and then finish off with small sided games to incorporate the techniques learned at each session.

Dates: Scheduled with GLSA Staff and player(s)

Fee: \$100 per player for 6 sessions

Location: Libertyville Township Soccer Complex Fields

Ages: U9 through High School ages

Times & Days: Scheduled with GLSA Staff and players

of Players: 4 minimum - 6 maximum (must register together for these sessions)

INDIVIDUAL TRAINING (1 TO 3 players)

Are you looking for individualized training with a GLSA Professional Staff coach? Each session, with the GLSA staff coach, will have a technical focus with repetitive exercise training to improve techniques and muscle memory.

Technique will be corrected at the moment of activity to assure players understand the proper mechanics of the session's technical work.

We offer technically focused sessions in scoring, dribbling, passing ~ receiving from the ground/air and goalkeeper training.

Dates: Scheduled with GLSA Staff and player(s)

Fee: For 6 sessions

~ \$240 per player (1 to 1 player-coach ratio)

~ \$180 per player (2 to 1 player-coach ratio)

~ \$130 per player (3 to 1 player-coach ratio)

Location: Libertyville Township Soccer Complex, Field 17

Ages: U9 - U19

Length of each session: 1 hour

Player's Name: _____

GLSA Coach Request (if any): _____

* Please keep in mind that GLSA will assign a staff coach if you do not request one specifically
Also keep in mind that if you do request a coach, their availability will be based off their current schedule

Other players you will train with _____

* This is for the 2-3 player individual training & the small group sessions.

* All players need to put the same names down in this area when registering.

Specific technical (skill) area(s) you want coach to work on: _____

