

AUFC ACADEMY PROGRAM & SCHEDULE ***FALL 2009***

Welcome to the AUFC Academy! This program is intended for players, primarily 11 and older, that have some soccer skills and want to maintain them or improve them. It builds upon what they have learned, making minor corrections as required as well as introducing participants to higher levels of training.

Dates: Fridays - October 16, 30; November 6, 13, 20; December 4, 11, 18.

Should a session need to be cancelled or re-scheduled, we will do our best to inform you of changes as quickly as is possible.

Times:

- **Session 1: 7:15 – 8:30 pm.**
- **Session 2: 8:30 – 9:45 pm.**

Please arrive early enough that your child can change into their soccer gear and join the session on time.

Participants must wear either indoor (non-cleat) soccer shoes or runners with non-marking soles, soccer shorts, a t-shirt or soccer jersey and shin guards. All participants must bring their own water – sharing of water will not be permitted and we do not recommend the use of the school's drinking faucets. **If your child will knowingly be absent from a session please contact the coach ASAP so that s/he can plan accordingly.**

Parents/guardians are welcome to *observe* the training, but refrain from sideline coaching. Only participants and coaches are allowed access to the gym floor, except for emergencies. Siblings and guests are to remain on the stage area (except to use washrooms) and must be fully supervised at all times.

The Program: The following topic areas will/may be covered during the *AUFC Academy*:

WEEK	TOPIC/OBJECTIVE
1	IMPROVING FIRST TOUCH & KEEPING GOOD POSSESSION
2	PASSING & RECEIVING
3	DRIBBLING AS AN INDIVIDUAL
4	TURNING & DRIBBLING
5	COMBINATION & AWARENESS IN PASSING
6	1v1, 2v2, 3v3 ATTACKING
7	DEFENDING AS AN INDIVIDUAL
8	SHOOTING

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