



# Indoor Training --Course Outlines 2014-15

## FUTBOL FUNDAMENTALS

- Ages 9-14
- Training starts with a proper warm up and speed/agility training
- Topics:
  - Technical Work (dribbling, passing/ receiving)
  - Small Sided Games (evaluating topics learned from weeks 1-4)
  - Attacking (attacking moves going to goal, decision making in the final 1/3)
  - Finding the Back of the Net (all finishing drills)
  - Small Sided Games (focusing on topics learned in weeks 7-10)
  - Defending (introducing the 1<sup>st</sup> and 2<sup>nd</sup> defender concepts)
  - World Cup Games (small sided and full field scrimmages)
  - player evaluations/ certificates; Players will receive a 4 point evaluation (technical, tactical, physical, behavioral) and certificate for participating in clinic

## BALL MASTERY

- Ages: 9-14
- Ball Mastery is the foundation of every player's development and becomes essential for progress as a player moves up the ladder.
- Clinic will focus on technical development of each player
- Learn the moves to get out of a tricky area, confidence on the ball, quick 1-2s to open up defences, playing "at pace", attacking in numbers, and getting that distinctive feel.
- 1 Player... 1 Ball= Ball Mastery

## GK/ STRIKER/ DEFENDER SCHOOL

- 8 week clinic (1 hour each session)
- Ages: 9-14
- Training split into 2 groups (strikers/ defenders and goalkeepers)

- Strikers/ defenders will work separate for the first 25-30 minutes working on proper technique on finishing/defending; Goalkeepers will also work separate for the first 30 minutes on proper handling skills, positioning, diving, and distribution
- Last 30 minutes both groups come together with "live" finishing activities and games
- Give your striker/defender/goalkeeper the proper training to be a "game changer"
- Each player will receive a certificate for participation and a 4 point evaluation

## ISLANDERS JUNIORS

- Ages: 6-8
- Sessions geared to the younger/developing player
- Training focuses on fun, technical activities to get your player loving the game
- Sessions will always end with World Cup Games
- Give your player the proper training to start "developing the right way"
- Players will receive a certificate for participating and a coupon for Islanders Summer Camps
- \* 8 year olds with travel experience are recommended for Football Fundamentals

## Team Training

Contact the Islanders Youth Staff at:  
 Dave Kern, Academy Director, [dave@cityislanders.com](mailto:dave@cityislanders.com) or  
 Kim St. Clair, Academy Coordinator,  
[kim@cityislanders.com](mailto:kim@cityislanders.com) or call 717-441-4625 (GOAL)

Visit  
[www.cityislanders.org](http://www.cityislanders.org)  
 for days, times, and locations or call  
 717-441-4625 (GOAL) –  
 Classes fill on a first-come  
 first-serve basis.  
 (All participants receive a t-shirt and  
 2014 City Islanders Ticket Voucher.)



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