



WINTER SOCCER CLASSES



<p>Cedar Stars "Roots" Program Ages 4-5 Tuesdays 5:00pm Session 1: 1/7, 1/14, 1/21, 1/28, 2/4, 2/11- \$97.50 Session 2: 2/18, 2/25, 3/3, 3/10, 3/17, 3/24- \$97.50 Ages 6-8 Wednesdays 6:30pm Session 1: 1/8, 1/15, 1/22, 1/29, 2/5, 2/12- \$97.50 Session 2: 2/19, 2/26, 3/4, 3/11, 3/18, 3/25- - \$97.50 Register for Session 1 & 2 for \$185.00</p>	<p>Our "Roots" program focuses on the FUN of soccer. At this stage, we strive for players, who are being introduced to professional coaching for the first time, to enjoy every minute of training. It is the main goal of our staff and their curriculum. Developing the love of the game is important at this stage as critical technical skills are taught and habits formed.</p>
<p>Developmental Soccer Class Ages 9-11 Wednesdays 6:30pm Session 1: 1/8, 1/15, 1/22, 1/29, 2/5, 2/12- \$97.50 Session 2: 2/19, 2/26, 3/4, 3/11, 3/18, 3/25- - \$97.50 Register for Session 1 & 2 for \$185.00</p>	<p>Our Developmental Soccer class will focus on individual footwork, passing and receiving in game like situations and finishing to goal under pressure. Each session will give players hundreds of touches on the ball. There will be a limited number of spots available for this class. All instructors are Cedar Stars Academy Coaches who always have the players best interest in mind.</p>
<p>GIRLS ONLY- Developmental Soccer Girls born in 2012, 2011, 2010 & 2009 Thursdays 5:30pm Session 1: 1/9, 1/16, 1/23, 1/30, 2/6, 2/13- \$97.50 Session 2: 2/20, 2/27, 3/5, 3/12, 3/19, 3/26- \$97.50 Register for Session 1 & 2 for \$185.00</p>	<p>Calling all Girls looking to take their soccer skills to the next level. Coach Ashley is ready to teach your girls all aspects of this amazing game- dribbling, passing, shooting, defending and moving without the ball all in a FUN & instructional atmosphere.</p>
<p>Jr. Striker Class Ages 8-12 Tuesdays 5:00pm Session 1: 1/7, 1/14, 1/21, 1/28, 2/4, 2/11- \$97.50 Session 2: 2/18, 2/25, 3/3, 3/10, 3/17, 3/24- \$97.50 Register for Session 1 & 2 for \$185.00</p>	<p>This class will give you 60 minutes of individual ball control; cuts, turns, feints & first touch exercises combined with all aspects of shooting angles, shooting velocity, finesse finishing, timed runs & scoring off crosses.</p>
<p>Foot skills Class- Ages 8 -12 Tuesdays 6:30pm Session 1: 1/7, 1/14, 1/21, 1/28, 2/4, 2/11- \$97.50 Session 2: 2/18, 2/25, 3/3, 3/10, 3/17, 3/24- \$97.50 Register for Session 1 & 2 for \$185.00</p>	<p>The coaching and focus in this class are accelerated, and players are pushed to refine their technical skills. The implementation of speed of play and team concepts are introduced. The primary focus continues to stay on the individual. It should be noted that results are still secondary and measurements of success include technical ability of both the individuals and the team as a whole, and learning how to play at the right speed - in the right style.</p>
<p>Advanced High School Technical Training Class Ages 13+ Mondays 8:00pm Session 1: 1/6, 1/1, 1/27, 2/3, 2/10- \$81.25 Session 2: 2/24, 3/2, 3/9, 3/16, 3/23- \$81.25 Register for Session 1 & 2 for \$150.00</p>	<p>The coaching and focus in this class are accelerated, and players are pushed to refine their technical skills. The implementation of speed of play and team concepts are introduced. The primary focus continues to stay on the individual. It should be noted that results are still secondary and measurements of success include technical ability of both the individuals and the team as a whole, and learning how to play at the right speed - in the right style</p>

Register Online: orange.capellisportcenter.com
 Register by phone: 845-651-0440
 Register in person: 1741 Route 17A, Florida, NY
 Pre-registration is highly recommended

Schedules subject to change
 No refunds/credits for missed classes
 Questions or comments- call 845-651-0440
 email- contactusorange@capellisportcenter.com