

# WINTER 2019 SOCCER CLASSES

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**Winter Session 1- January 7-February 9 \* Winter Session 2- February 18-March 30**

## Introduction to Soccer: Ages 3-4

**Tuesdays @ 10:00am** (Win 1- 1/8-2/12)(Win 2-2 /19-3/26)

**Thursdays @ 1:00pm** (Win 1-1/10-2/14)(Win 2- 2/21-3/28)

**Saturdays @ 9:00am** (Win 1- 1/12-2/9) (Win 2- 2/23-3/30)

**Cost- \$90 per Session- \$175 Session 1 & 2**

This class is to introduce the sport of soccer to a preschooler. It will emphasize gross motor skill exercises to encourage running, jumping, skipping, balance and eye/foot coordinated FUN games. A great way to boost your early childhood development and social skills for a lifelong love of fitness.

## Pre-Travel "Roots" Developmental Soccer:

**Ages 4-5: Mondays @ 5:00pm**

**Ages 6-8: Mondays @ 5:30pm**

(Win 1- 1/7-2/11)(Win 2- 2/25-3/25)

**Session 1- \$105 Session 2- \$87.50- \$185 Session 1 & 2**

Our developmental program focuses on the FUN of soccer. At this stage, we strive for players, 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.

## Soccer Speed & Skills

**Ages 6-8: Saturdays @ 11:00am**

**Ages 9-11: Saturdays @ 9:00am**

**Ages 12-13: Saturdays @ 10:00am**

(Win 1- 1/12-2/9)(Win 2- 2/23-3/30)

**Session 1- \$87.50 Session 2- \$105- \$185 Session 1 & 2**

This class is for the soccer player looking to learn new skills, and improve their speed of play, & most importantly, have fun. Your player will be introduced to the fundamentals of soccer: drilling, shooting, passing, & the rules & strategies of soccer. All classes will end with live match play.

## Skills & Scrimmages: Ages 5-7

**Ages 5-7: Tuesday @ 5:00pm**

(Win 1- 1/8-2/12)(Win 2- 2/19-3/26)

**Cost- \$105 per Session- \$195 Session 1 & 2**

This class is for the recreational soccer player looking to learn new skills, improve on other skills, & most importantly, have fun. Your player will be introduced to the fundamentals of soccer: drilling, shooting, passing, & the rules & strategies of soccer. All classes will end with live match play.

## Foot skills – Individual Ball Control Class

**Ages 8-10: Tuesdays @ 5:30pm**

**Ages 11-14: Tuesdays @ 6:30pm**

(Win 1- 1/8-2/12)(Win 2- 2/19-3/26)

**Cost- \$105 per Session- \$195 Session 1 & 2**

The coaching & focus in this class are accelerated, and players are pushed to refine their technical skills. The implementation of speed of play & team concepts are introduced. The primary focus continues to stay on the individual. It should be noted that results are still secondary & measurements of success include technical ability of both the individuals & the team as a whole, & learning how to play at the right speed - in the right style.

## Striker Class "The Art Of Finishing" Class

**Ages 8-11 Thursdays @ 5:00pm**

**Ages 12+ Thursdays @ 6:00pm**

(Win 1- 1/10-2/14)(Win 2- 2/21-3/28)

**Cost- \$105 per Session- \$195 Session 1 & 2**

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

## Advanced High School Clinic

**Ages 14+: Mondays @ 6:30**

(Win 1- 1/7-2/11)(Win 2- 2/25-3/25)

**Session 1- \$105 Session 2- \$87.50- \$185 Session 1 & 2**

This class will take players out of their comfort zone and push them to fine tune their skills. Working on small sided possession and speed of play in live match play. A great addition to your off season training.

Register Online: [orange.capellisportcenter.com](http://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](mailto:contactusorange@capellisportcenter.com)