



EUGENE TIMBERS FC INDOOR PROGRAM



ETFC Winter Developmental Skill Program for U10-U15

Winter Skill Program

This program is offered to all players who are between the ages of 9 and 15. (Players born in 2007, 2006, 2005, 2004, 2003, and 2002) The tenor of this program is to provide additional training to players who want or need more to prepare them for a more competitive environment. Players who want to tryout for ETFC will have a chance to participate in a competitive environment. This Program is run by Bryn Dennehy and other ETFC licensed coaches. The ETFC coaching staff will make sure that groups remain small (10-12 players) and close in skill and age.

The sessions focus on technical skills. Players will work on footskills, juggling, moves, passing and receiving, and finishing. After one hour of individual skills, players will then play small-sided futsal games. In these games, players are encouraged to apply their newly learned skills in a fast paced game with a ball that is slightly smaller and heavier than a regular soccer ball to encourage work with the ball.

All of the sessions below are going to be at the following location:

**International Fitness Sportplex in West Eugene
4540 Commerce Street, Eugene, OR 97405**

Times: Footskill sessions for Players age 9 to 15 (Players born in 2007, 2006, 2005, 2004, 2003, 2002)

When: Fridays 5:00-7:00pm December 2, 9, 16, and 23 January 6, 13, and 20, 2017

Cost: 7 footskills sessions plus 1hr of futsal games: \$120 (about \$17 per session)

Individual footskill session plus 1hr futsal game: \$25

Please register online for either of those programs. Click on the Registration button on our website at www.eugenetimbers.org and follow the directions.

Once you registered please send in your check to the following address:

**Eugene Timbers Fútbol Club
PO Box 10914
Eugene, OR 97440**

Or you can pay online through our website at:

<http://eugenetimbers.org/payment/>