



## Competitive Indoor Skills Program

6-week skills program aimed towards the serious soccer player the program is high in intensity and focuses on conditioning, speed and skill improvement

Indoor skills, faster ball movement, fast feet exercises, and SSG (small sided games) - become a better soccer player – improve your touch and speed.

The program is managed and run by Acton & Boxborough's director of coaching Mitch Doherty (Level "B" coach and SAQ® trainer)

Please NOTE due to limited GYM space there is room for only **20 players per session** – register online at the ABYS website.

- **U8 (Coed)** – Saturdays Jan 9<sup>th</sup> 16<sup>th</sup> 23<sup>rd</sup> 30<sup>th</sup> Feb 6<sup>th</sup> 27<sup>th</sup> (1:30pm – 2:30pm)
- **U9/U10 (Coed)** - Saturdays Jan 9<sup>th</sup> 16<sup>th</sup> 23<sup>rd</sup> 30<sup>th</sup> Feb 6<sup>th</sup> 27<sup>th</sup> (2:45pm – 3:45pm)
- **U11/U12 (Coed)** - Saturdays Jan 9<sup>th</sup> 16<sup>th</sup> 23<sup>rd</sup> 30<sup>th</sup> Feb 6<sup>th</sup> 27<sup>th</sup> (4:00pm – 5:00pm)
- **U13/U14 (Coed)** - Saturdays Jan 9<sup>th</sup> 16<sup>th</sup> 23<sup>rd</sup> 30<sup>th</sup> Feb 6<sup>th</sup> 27<sup>th</sup> (5:15pm – 6:15pm)

**(No sessions on 2/13 or 2/20 due to winter break)**

Program COST \$95

Where: Blanchard Gym - Boxborough

Visit the link below to register online:

<https://secure.adminsports.net/actonboxboroughmasoccer/>

