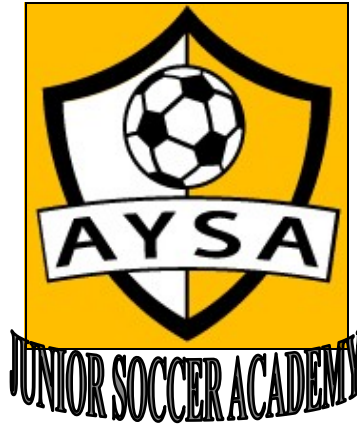


## AYSA JUNIOR SOCCER ACADEMY



AYSA is bringing to its community a new soccer program. The AYSA Junior Academy is open to boys and girls 5, 6 & 7 years old.

AYSA is starting a technical program that teaches young players how to play soccer using the basic fundamentals. Such as, dribbling the ball, where and how to strike the ball, passing and being a team player.

This program was designed specifically to address the need to teach young players the fundamentals of the game without the pressures of playing in a league. As the players gain more confidence in their skills, small sided games will be introduced.

### WHY CHOOSE AYSA JUNIOR SOCCER ACADEMY?

Children are becoming actively involved in sports at younger ages. Our coaching staff specializes in working with the youth. We utilize a different style of soccer training through specialized teaching skills.

Sessions will be centered around the development of players coordination, flexibility, agility, balance and ball skills.

Our curriculum has a six-part component comprised of the following:

1. **SPEED, AGILITY, & COORDINATION:** The focus will be on acceleration, running with and without the ball, and changing the pace.
2. **BALL MASTERY:** Each player will be working independently with a ball using both feet.
3. **RECEIVING & PASSING:** This involves exercises to improve the player's touch on the ball and increases accuracy as well as creativity in passing.
4. **MOVES (1V1):** Exercises that will teach the moves that create space against any defense.
5. **FINISHING:** Game play and exercised that teach techniques for finishing as well as nurturing instinctive play.
6. **GROUP PLAY:** games, activities and exercises that will improve small-group combination play.

AYSA JUNIOR ACADEMY practice sessions will be held on the practice fields at Sam Wise soccer complex.

15 Sessions will be held on Fridays from 5:30 - 6:30 PM for 5 weeks in July and August.

July 13, 14, 15, 20, 21, 22, August 3, 4, 5, 10, 11, 12

Price per player is \$65.00

For more information contact JR Fernandes at 515/480-2529 or [brazilianfutebolarte@gmail.com](mailto:brazilianfutebolarte@gmail.com)

