

## The Kasson Mantorville Youth Soccer Association announces the 2<sup>nd</sup> Annual Winter Technical Academy for youth soccer players.....

The Technical Academy will train players in the basic elements of the game and show them how to perfect these techniques on an individual basis to become better soccer players. Students will be required to practice at home for at least 10 minutes per day between sessions. At the completion of 5 sessions, a "10 minute workout" will be established in which the students can repeat on their own to become higher level players.

There will be a beginner and an advanced training group. Each group will meet for 5 sessions and each session will last 90 minutes. The first 45-60 minutes will focus on technical skills and the remaining time will be used for a topic-related scrimmage. Dave Bahr, KM High School Boy's Varsity Coach, will be the instructor. The course is open to all players 6<sup>th</sup> grade or older who DID NOT play on the KM Boys Junior Varsity or Varsity team in 2011. The program is open to both boys and girls. There may be a potential for 5<sup>th</sup> graders to join this program depending on the number of kids who register.

All sessions will be held at the KM Elementary school gym.

### Session 1 (for Beginners)

Sunday 12/4 Dribbling Moves and Turns 6-7:30 p.m.

Sunday 12/11 Passing and Receiving 6-7:30 p.m.

Sunday 12/18 Shooting 6-7:30 p.m.

Sunday 1/8 Heading 6-7:30 p.m.

Sunday 1/15 Bending Balls 6-7:30 p.m.

### Session 2 (for those who are proficient in beginner's topics)

Sunday 1/29 Combination Play 6-7:30 p.m.

Sunday 2/5 Winning the 1 v 1's 6-7:30 p.m.

Sunday 2/12 Individual Defending 6-7:30 p.m.

Sunday 2/26 Group Defending 6-7:30 p.m.

Sunday 3/4 Crossing and Finishing 6-7:30 p.m.

The cost for all 5 sessions will be ONLY \$45 per participant! This INCLUDES an indoor soccer ball. If you register for both sessions, the cost will be \$30 for the 2<sup>nd</sup> session. If you do not want the ball, please mark "No Ball" on registration form and pay only \$30 per session. Please remember to bring water, non-marring gym shoes, and shin guards to all practices. Checks can be made payable to **KMYSA**. The program is limited to 18 students per session. To reserve a spot, please contact Amy Bendickson at 507-261-3998 or email [abendickson@charter.net](mailto:abendickson@charter.net) The spots will be filled on a first come, first served basis.

Please mail the registration form and payment to:

Amy Bendickson 603 14<sup>th</sup> Ave NW Kasson, MN 55944

KMYSA is very excited to offer this program to young soccer players! We look forward to having you participate!