



EDEN PRAIRIE SOCCER CLUB

PASSION · RESPECT · EXCELLENCE

EPSC Winter 2 Programming (January - March)

Curriculum by Aaron Fenton, EPSC Youth Director

Players born 2008, 2009.

AGT (Age Group Training) and **Futsal** are covered in your Member fees.

There is also an additional “**SKILLS**” program that players can opt in to! **SKILLS** is ran by EPSC Professional Staff and the player will improve their game!

SKILLS is a *train when you can* additional opportunity for players to take your game up a notch!

AGT						
Program	Day	Time	Location	Dates	No Training	# of Sessions
Futsal	Fridays	615-730pm	CMS	1/10 – 3/20	3/13	10 Sessions
AGT	Sundays	720-835pm	EPHS Dome	1/5 – 3/22	2/2	11 Sessions
Included in Member Fees						

SKILLS March Schedule		
Date	Time	Location
3/17	720-830pm	Activity Center Court #2, 3 & 4
3/19	720-830pm	Activity Center Court #1, 2, 3 & 4
3/23	6-7pm	Activity Center Court #3 & 4
3/24	720-830pm	Activity Center Court #1, 2, 3 & 4

2008, 2009 Players - Curriculum Overview

Detailed curriculum of every session will be provided electronically to players/families.

1. AGT Programs:

- a. **AGT (Age Group Training)** technical training sessions that will challenge and develop the individual. The overall philosophy is to develop the individual and, in time, that will improve the team.
- b. **Futsal** - Small sided games that encourages lots of touches, quick decision-making, transition, creativity, close control and high tempo action as well improving fitness.

2. **SKILLS Program** - SKILLS training led by experienced Staff and Trainers. Fine tune your current skills and add new ones through lots of small sided games, touches on the ball, and high-tempo, competitive action.

