



WHO: boys & girls (all levels) 6 - 19 years Individuals & Teams
*Team practice space available

WHEN: Nov/Dec – Feb (12 weeks) weekends 9-9pm, weekdays 5-9pm
schedule on back and website

TRYOUTS, REGISTRATION NITES, FREE PICK UP FUTSAL*
please wear indoor shoes

Nov 12-13th 6-9pm at 25 Dow St, Saugus

WHERE: Saugus (indoors)

WHAT: Soccer Training and Futsal Games. Futsal is 5v5 soccer on a flat court with no walls. The surface builds quick feet, which also affords for a large number of touches, 1V1'S movement off ball, shooting and skills by each player.

WHY: our curriculum has proven to develop accelerated skills by developing advanced technical skills, speed, agility, team skills and better reading of the game in a fun competitive environment.

HOW: www.EasternMassSoccerAcademy.YolaSite.com
EasternMassSoccerAcademy@Yahoo.Com
781-854-6308
PO BOX 761043, MELROSE, MA 02176

COST: Check with your town soccer program for affiliation discounts

WINTER PROGRAMS:

FOOTSKILLZ (w/SPEED AND AGILITY TRAINING) - \$300/12+ sessions

TEAM SKILLZ TRAINING - \$300/12 + sessions

SKILLZ ACADEMY - \$370/20+ sessions

GOALIE SKILLZ TRAINING - \$300/24 + sessions

FUTSAL GAMES - \$165/12+sessions

REGIONAL or SELECT FUTSAL TEAMS U8–U17 - \$550 - 36+ sessions



SEVEN WINTER PROGRAMS

FOOTSKILLZ TRAINING includes SPEED AND AGILITY TRAINING with a BALL

60-90 minutes of technical training; dribbling, passing, receiving, shooting and holding

U8-U11- Mon, Tues, Wed 6pm, Sun 4pm

U12-U14 - Mon, Tues 7pm, Wed 6pm & 7pm, Sun 4-5pm

High School/College - Mon, Tues, Wed 7pm

TEAM SKILLZ TRAINING

60-90 minutes of team tactical skills training; transition offense & defense

U8-U11 - Sat 4pm

U12-U14 - Sat 5:30pm, Sun 4pm

U15-U20 - Sat 2pm

SKILLZ ACADEMY

60 minutes of either Footskillz or TeamSkillz training

60 minutes of Futsal games

*you can chose to have classes back to back or different days

U8-U11- Mon, Tues, Wed 6pm, Sat 4pm, Sun 4pm

U12-U14 - Mon, Tues 7pm, Wed 6pm & 7pm, Sat 5:30pm, Sun 4-5pm

High School/College - Mon, Tues, Wed 7pm, Sat 2pm

GOALIE SKILLZ TRAINING

technical and tactical skills for Keepers and Futsal games

Goalie Warz, Striker/Keeper Warz

Mon, Tues, Wed 7pm, Sat 5:30pm, Sun 4pm

FUTSAL GAMES

5v5 “no wall” soccer games on hard floor court

U8-U11 – Mon, Tues, Wed at 7pm, Sat 4:45pm, Sun 5pm

U12-U14 – Mon, Tues, Wed 7pm, 8pm, Sat 6:30pm, Sun 5pm

BOYS & GIRLS U8, U10, U12, U14 SELECT TEAMS*

Select teams will play in the Futsal league and participate in both Footskillz and Team Skillz training

BOYS & GIRLS U8, U10, U12, U14 REGIONAL FUTSAL TEAM*

Regional teams will play in the Futsal league and participate in both Footskillz and Team Skillz training. Players may have the option to play in the Brookline

Futsal league. In addition they will participate in Regional Championship tournament in January in Brookline and possibly the National tournament in July.

WINTER SOCCER/FUTSAL PROGRAMS

PROGRAM STARTS DEC 1ST

NO SESSIONS CHRISTMAS OR FEB VACATION WEEK, UNLESS MAKEUPS ARE REQUIRED

REGISTER BY DEC 31ST AND RECEIVE FREE FOOTSKILLZ IN NOVEMBER

<u>DAY</u>	<u>TIME</u>	<u>AGE</u>	<u>PROGRAM</u>	<u>TIME</u>	<u>AGE</u>	<u>PROGRAM</u>	<u>TIME</u>	<u>AGE</u>	<u>PROGRAM</u>
Monday	6-7pm	U8-U11	footskillz	7-7:45pm	U8-U11	games	6-7:30pm	U8-U11	Academy
Monday	7-8pm	U12-U14	footskillz	8-9pm	U12-U14	games	7-8:30pm	U12-U14	Academy
Monday	7-8pm	HS	footskillz	8-9pm	HS	games			
Tuesday	6-7pm	U8-U11	footskillz	7-7:45pm	U8-U11	games	6-7:30pm	U8-U11	Academy
Tuesday	7-8pm	U12-U14	footskillz	8-9pm	U12-U14	games	7-8:30pm	U12-U14	Academy
Tuesday	7-8pm	HS	footskillz	8-9pm	HS	games			
Wednesday	6-7pm	U8-U11	footskillz	7-7:45pm	U8-U11	games	6-7:30pm	U8-U11	Academy
Wednesday	6-7pm	U12-U14	footskillz	7-7:45pm	U12-U14	games	6-7:30pm	U12-U14	Academy
Wednesday	7-8pm	U12-U14	footskillz	8-9pm	U12-U14	games	7-8:30pm	U12-U14	Academy
Wednesday	7-8pm	HS	footskillz	8-9pm	HS	games			
Saturday	2-3PM	U15-U22	TeamSkillz	3-4PM	U15-U22	games			
Saturday	4-4:45	U8-U11	TeamSkillz	4:45-5:30PM	U8-U11	games			
Saturday	:30-6:30PM	U12-U14	TeamSkillz	6:30-7:30PM	U12-U14	games			
Sunday	4-5pm	U8-U11	footskillz	5-5:45pm	U8-U11	games			
Sunday	4-5pm	U12-U14	TeamSkillz	5-6pm	U12-U14	games			

<u>PROGRAM</u>	<u>COST</u>	<u>INFO</u>
FOOTSKILLZ	300	12+ SESSIONS
TEAMSKILLZ	300	12+ SESSIONS
GOALKEEPERSKILLZ	325	10+ SESSIONS
FOOTSKILLZ ACADEMY	370	10+ SESSIONS
TEAMSKILLZ ACADEMY	370	10+ SESSIONS
<u>TEAMS</u>	<u>COST</u>	<u>TEAMS</u>
TEAMS (SELECT/CLUB)	550	30+ SESSIONS FOOTSKILLZ, TEAMSKILLZ, FUTSOL
GAMES	185	12+ SESSIONS PER PLAYER
TOWN TEAMS	1200	12+ SESSIONS PER TEAM
TOWN TEAMS	2000	24+ SESSIONS SKILLZ & GAMES & OPEN GYM TIME*
DISCOUNTS*	(\$50)	SAUGUS, MELROSE*

10/17/2013