



Foot Skills & 5v5 Futsal Games – Fall 2014

Who's Eligible – U8 - U14 Girls & U8 Boys of all abilities

What's Provided - Regimented consistent technical exercises and futsal games, indoor games and League games.

Why Participate - Developing speed change, agility, flexibility, strength, foot skills, 1v1 moves, positive muscle memory and tactical knowledge of the game.

Why Us - Muscle memory is developed through repetitive action over time. Once a player reaches the age of 13 years it becomes more difficult to change bad muscle memory. Our focus is the development of strong individual player's with technical foot skills that give players a level where the game actually becomes the teacher. First touch, second touch and technical foot skills are the most important aspects of strong soccer player.

Melrose Residents Free Clinic U11-U14 on 9/13 & U8-U11 on 9/14

Where - Saugus

What Time – Sat 5:00-6:30pm, Sun 1-2:30pm

What Days – Saturday and Sunday

How Many Weeks – Sept 13 – Oct 31

How Much - \$125 (1-day) & \$180 (2-days)

How to Register - Register, Pay and Complete Waivers [here](#)

Bring – a ball, sneakers, cleats, shin guards

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