

Eastside Soccer 2016 Outdoor Season

For the Outdoor 2016 Soccer Season, Eastside is offering a mini program of soccer fun for ages 4 to 10.

Eastside offers quality professional coaching and a positive fun soccer environment from the newest soccer player to the Elite stream player.

New this spring, Eastside is proud to introduce the **U8 House League Program** as an exciting way to bring the best soccer experience possible to Eastside families, details for this new program below.

Season runs mid-April to end of June.

Further details of the Programs and Registration will be available February 2016 online at

www.eastsidesoccer.ca

(Please note all programs and pricing is subject to change until registration opens)

Micro Soccer Training Center

For players aged **4 and 5 years old**: Development will be focused upon providing an introduction towards athletic movements, playing small sided games (3v3 or 4v4) and most importantly....having FUN!!!

(Note this program offering does not include SYSI games)

Training Sessions: 45 minutes long, 2x/week

Cost: \$80

Under 8s House League and Instructional Academy

Teams will be co-ed for the **players 6 and 7 years old**.

This program will participate within the **Eastside Soccer House-League, featuring:**

-Fun and exciting 3v3 format creating more opportunities for touches on the ball during the game

-**Eastside qualified staff coaches** on site leading games and practices

-Training and games scheduled by Eastside Soccer.

-Eastside creates the House League teams to offer balanced teams, and will accommodate 'friend requests' where possible

-Competitive pricing for high quality coaching and fun soccer environment

House-League participation: 1 x game/week (day TBD)

Training Sessions: 1 hour long, 2x/week

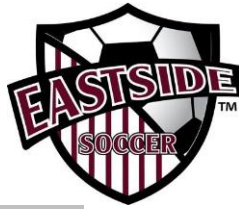
Cost: \$180

U8s Instructional Academy

For players aged **6 and 7 years old**. These sessions will begin to present "on the ball" skills, in order to familiarize the techniques of ball control and "first-touch". The playing of small sided games (3v3 or 4v4) will take prominence in order to maximize touches on the ball and involvement.

Training Sessions: 1 hour long, 2x/week

Cost: \$100



Under 10s D- League and Junior Developmental Academy

This program will participate in SYSI Developmental League play.

For players **8 and 9 years old**, the focus of these sessions will be directed towards the “on the ball” skills, in order to stress ball control and first touch. Emphasis will be placed upon dribbling and being able to run with the ball at pace as well as the ability to change directions. Objective is to also incorporate the introduction of *Tactical Awareness (Principles of Attack and Defense)*.

SYSI D-League participation: 1 x game/week (day TBD)

Training Sessions: 1 hour long, 2x/week

Cost: \$200

Junior Developmental Academy

Training Sessions: 1 hour long, 2x/week

Cost: \$100

U10 D-League and Elite Performance Soccer Academy

This curriculum is framed for the participants within our programs that demonstrate the ability, motivation and commitment to be an “elite” player. Focus will be upon skill development, and how these skills are expressed “tactically” on the field of play. The objective of the Eastside Soccer Elite Performance Soccer Training Center is to better “educate” the club’s young players, so they may be proficient both technically and tactically.

An understanding of “the Principles of the Game” is essential knowledge that will help our players adapt to any situation. Players would participate on an Eastside U10 D-League team and train with the Elite Performance Soccer Academy.

SYSI D-League participation: 1 x game/week (day TBD)

Training Sessions: 4x/week

Duration of Sessions: 60 -75 minutes

Instructors: Technical Director + Eastside Staff Coaches

Elite Stream Cost: \$400 (includes D-League team games registration cost)
