

Rebels Soccer Club – Off-Season TRAINING
AKA Soccer for Rebels Soccer Club
January – February, 2012 at the National Sports Center



Rebels Soccer Club Members,

Welcome to Off-Season Soccer Training Programs!! This winter's Rebels Soccer training opportunities are geared for your child to excel and enjoy the fullness of Soccer in preparation for another great spring and summer season.

Monday 6-7pm U5-U10 – 6 week curriculum – Little Rebels

Fun games, light training, and small sided soccer scrimmages & games.

Monday 7-8pm U9/U10 – 6 week curriculum – Focus is small sided games with a heavy load of footskills, short and long passing, defending and shooting technique as well as proper running, quickness and balance exercise and practice. Each session harbors a technical theme to be tied in with weekly soccer fitness and game play.

Monday 7-8pm U11/U12 – 6 week curriculum – Focus is on technical skills, speed and agility and the combination of world class footskills with quickness, strength and balance. Each session maintains a technical theme tied in with a lot of small sided game play.

Tuesday 7-8pm U14 – U18 – 6 week curriculum – Striker/Keeper Training

Strikers: Technical training on shooting with a lot of shooting drills and repetition.

Keepers: Goalkeeping and Defending against various attacks.

Each week's program will offer skill players technical work and game play to apply the skills learned.

The Rebels Soccer Club has contracted AKA Sports for our training programs and try outs. Chris Schulz is the head of AKASPORT and AKA Soccer and will lead our training for winter through summer. For any questions, he can be reached at 612-384-2192 or chris@akasports.org. We welcome Chris and look forward to great training from his organization.