

# Indoor Technical Training and Futsal Program



## Training Objective

Training will be structured so that players receive intensive technical training as well as 5v5 futsal games. We will use our tactical periodization model which simply means a player will train the technical, tactical, physical, cognitive, and mental aspects in every training exercise. In order to develop game intelligence and technical expertise a player must train in an environment where all these elements are trained at the same time. The only way to be technically brilliant in a game is by applying all the pillars of the game in each exercise so they can perform when under physical, mental, time, and opponent pressure. After conducting intensive technical training, players will then play some small-sided futsal games where we will evaluate the transference of our technical training into game situations.

## Cost

**\$100 for the 8 Indoor Sessions**

(\$50 if you register for Smithsonian Soccer Academy's 2016 Winter Training Program)

\*Make checks payable to Smithsonian Soccer mail to 1113 Kingsbury Drive, Chesapeake, VA 23322

## Times & Dates

**Mondays 6:30-8:00 PM**

January 11, 18, 25,

February 1, 8, 15, 22, 29

## Location

**Premiere Sports Center**

106 N. Constitution Drive, Yorktown, VA

## SIGN UP NOW!

Sign up today by visiting our web site at

**[www.smithsoniansoccer.com](http://www.smithsoniansoccer.com)**

and register today!

# smithsonian

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Smithsonian Soccer Academy is proud to announce that it has signed an agreement with Premiere Sports Center and will now conduct training and Futsal play beginning on 11 January. This training is open to all Smithsonian Soccer Academy players, but we will limit registration at 50 participants. The sessions will be conducted every Monday evening from 6:30- 8:00PM at the new Premiere Sports Center located at 106 N. Constitution Drive, Yorktown, VA.

**For Additional Information:**

**Contact Kevin Smith at**

**(757-577-2351) or [diagonalrun@hotmail.com](mailto:diagonalrun@hotmail.com)**