

# Personal, Small Group, & Team Technical Training Programs



## Our Mission

The Smithsonian Soccer Academy Technical Training Program is designed to challenge player's physical, technical, cognitive, mental, and tactical capabilities in a fun and demanding soccer training environment. All core elements of the game of soccer will be trained in each of our sessions to ensure that players are capable of executing very difficult technical skills in a chaotic and pressured training environment.

## Fee Structure

Individual Training:	\$50	(60 Minutes)
2 Players:	\$60	(60 Minutes)
3 Players:	\$70	(60 Minutes)
4 Players:	\$80	(60 Minutes)
5-10 Players:	\$100	(90 Minutes)
Team Training:	\$120	(90 Minutes)

## Locations

Training sessions can be scheduled at a convenient time and location throughout the Hampton Roads area.

## SIGN UP NOW!

Sign up today by visiting our web site at  
[www.smithsoniansoccer.com](http://www.smithsoniansoccer.com)  
and register today!

# smithsonian

soccer  academy

Smithsonian Soccer Academy proudly announces that it will begin personal, small group, and team training programs in September. This will allow us to provide world class training to Hampton Roads soccer players on a year around basis.

**For Additional Information:**  
Contact Kevin Smith at  
(757-577-2351) or [diagonalrun@hotmail.com](mailto:diagonalrun@hotmail.com)

Every exercise conducted at each training session will holistically develop a player's technical ability in a fun environment that will train all pillars of the game (Technical, Physical, Mental, Cognitive, and Tactical).

**Kevin Smith:** 24 years of club, ODP, and high school coaching experience. Dutch (KNVB) National Youth Diploma, NSCAA Advanced National Diploma, NSCAA National Diploma, and NSCAA National Youth License.



## Tactical Periodization:

Our Program will train individuals, small groups, and teams utilizing the tactical periodization model. This model is utilized by Jose Mourinho at Manchester United, Barcelona's La Masia Youth Soccer Academy, and the German Soccer Federation (DFB). Tactical periodization simply means that a player must train the technical, tactical, physical, cognitive, and mental aspects of the game of soccer in each 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. No pillar of the game is trained in isolation. The only way for a player to be technically brilliant in a game is by applying all these elements in training so they can execute flawlessly when under physical, mental, time, and opponent pressure. Therefore, every player that participates in our program will develop their technical abilities in a training environment that is relevant and as game like as possible.

## Unique Training Environment:

Training technique in an isolated environment does not necessarily transfer to the chaotic, confusing, and physically and mentally pressured game environment. What makes our cognitive technical training environment unique is we will do our technical training in a systematically confusing and time, space, and physically pressured environment. A player, therefore, will develop much quicker than in a traditional training environment that only trains technique in isolation.

“ My girls started here at ages 8 & 10, just beginning to play advanced soccer. They are now 14 & 16, and play at the State and Region 1 level with the Olympic Development Program, along with elite club teams. Smithsonian Soccer Academy's training has helped my girls grow and learn how to play real soccer. I would recommend this training to everyone!! ”

– Deanna Rowe Hammond



Please return this registration form with payment as soon as possible, to secure your personal, small group or team Smithsonian session.

Contact Person's Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City \_\_\_\_\_

Zip Code \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

### Smithsonian Personal, Group & Team Training

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- 2 Players:** \$60 (60 Minutes)
- 3 Players:** \$70 (60 Minutes)
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- Team Training:** \$120 (90 Minutes)

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

