

SPRING TRAINING PROGRAM FOR OPTIMIST PLAYERS

Ages 5 – 14.

Location: Oakridge Middle School

SPRING FLING: Using Naples Youth Soccer Club trainers under the direction of Gavin Spooner, Director of Coaching and Operations, the program provides six-weekly training sessions utilizing a fun and active curriculum designed specifically for Optimist players. Players will spend two-thirds of each session in fun skills training activities, and then will finish with game play. **The program will enable optimist players, and other recreational players coming from various soccer programs to supplement their season with a fun, no-pressure program, with skills training provided by professional soccer coaches.**

<u>Cost</u>	<u>Ages</u>	<u>Day</u>	<u>Location</u>	<u>Dates</u>	<u>Time</u>
\$70	5-14	Wed	Oakridge MS	4/7, 4/14, 4/21, 4/28, 5/5, 5/12	6-7pm

**SPRING TRAINING PROGRAM FOR ADVANCED OPTIMIST,
NAPLES SHARKS AND COMPETITIVE PLAYERS**

Ages 8 – 18.

Location: Seagate Park

SCHOOLS OF EXCELLENCE: The six-week program will provide players with continued professional soccer training opportunities. Players will follow a curriculum consisting of six 1.5 hour dynamic training sessions, each including Technical Consolidation, Tactical Games, and Micro Soccer Scrimmages. The sessions will be led by Gavin Spooner and the club’s professional trainers. **The program will enable players to keep their skills and fitness at a high level in preparation for the Naples Sharks tryouts at the end of May. This is also a great opportunity for players wishing to enter our Sharks program to experience the high level skills training available.**

APD (Advanced Player Development): This program has been specifically designed for players U13 and above. This program is open to all U13 and above through High School aged players who are seeking the very best coaching available.

<u>Cost</u>	<u>Program</u>	<u>Ages</u>	<u>Day</u>	<u>Location</u>	<u>Dates</u>	<u>Time</u>
\$85	SofE	U8 – U12	Thurs	Sea Gate Park	4/8, 4/15, 4/22, 4/29, 5/6, 5/13	6.00- 7.30pm
\$85	HIGH SCHOOL	U13 +	Thurs	Sea Gate Park	4/8, 4/15, 4/22, 4/29 5/6, 5/13	7.00 - 8.30pm

Deadline to register for all programs: March 27th