



# Young Americans Fall 2020

## U7 - "Kickers"

Americans Soccer Club, in cooperation with the USR Recreation Commission, is proud to announce the Fall 2020 development program for the U7 Kickers!



- ✓ Program curriculum developed by Director of Coaching Ben Elliott
- ✓ High level training with experienced & licensed training professionals
- ✓ Develop the most important soccer skills at an early age

### U7 Kickers' 6 Week Training Program

#### Boys & Girls born in 2014

- ✓ 1 hour training sessions held weekly 4-5pm Thursdays from Sept. 10th-Oct 15th @ Reynolds School Field Upper Saddle River
- ✓ 4v4 small sided 60 minute games run intra-squad format on Saturdays @ 2-3pm starting Sept. 12th
- ✓ Program Goals:
  - ✓ Gain confidence, maintain creativity & instill a love of the game
  - ✓ Learn and develop effective skills to improve individual ability
  - ✓ Burn off energy through age-appropriate physical exertion
  - ✓ Transition to more scrimmage-related sessions to prepare for next years' U8 Travel Program
- ✓ All players receive official game Americans Soccer Club Logo t-shirts



For more information or to **Register Now! Space is Limited!**  
visit <http://www.americansoccerclub.org/page/show/3900838-u7-kickers>