



Young Americans Winter 2020

U7 - "Kickers"

Americans Soccer Club, in cooperation with the USR Recreation Commission, is proud to announce the Winter 2020 training program for the Americans 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' 10 Week Training Program

Boys/Girls born in 2013

- ✓ 1 hour training sessions held weekly with the following objectives:
 - ✓ 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 4v4 next year
- ✓ Training sessions will be held from 4-5pm on Tuesdays at the Superdome in Waldwick
- ✓ All players receive official game t-shirts with the Americans Soccer Club logo

Season Fee: \$150

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