



THE SOCCER F.I.T. ACADEMY™

PRESENTED BY THE CLAY COUNTY SOCCER CLUB



The SOCCER **F**UNCTIONAL **I**NSTRUCTION & **T**RAINING ("F.I.T.") ACADEMY™ is a specialized soccer training program designed to create a challenging and dynamic environment for players to learn the specific functions of each position and how to play within each part of the field. Players will have the opportunity to learn how to play as a striker/forward, center midfielder, winger/outside midfielder, defender and goalkeeper. Players will also understand how each role is affected within each section of the field: attacking, midfield and defensive thirds of the field. The training curriculum is designed to nurture growth not only functionally, but also in all components of the game: technical, tactical, psychology and fitness (physical).

Unlike other instructional soccer programs the SOCCER F.I.T. ACADEMY™ allows players to choose which specific sessions to attend according to which function (position) they would like to train in or players can attend the full week of sessions (all positions). The more sessions a player attends the more training they receive and the better the discounted rate! The training environment is primarily geared towards U11-U19 players and is open to any soccer player from any club, male or female.

The SOCCER F.I.T. ACADEMY™ is the official off-season training program for the Clay County Soccer Club and is personally directed by **Carlos Manuel**, Clay County Soccer Club Director of Coaching and Florida Youth Soccer Association (FYSA) Olympic Development Program (ODP) Staff Coach. Carlos holds his USSF National B, USSF National Youth and NSCAA Level 1 GK Diploma and is a long time Jacksonville-area professional youth coach who has developed some of the best soccer players and teams to come out of the Northeast Florida area. Carlos may also bring in some of the top professional youth soccer coaches and players in Florida to be Academy Instructors. The player to coach ratio is typically kept around 11 players to 1 instructor. Spaces are limited, so please register early!

COSTS

1 Session: \$50 per player (does NOT included Academy T-Shirt)

2 Sessions: \$80 per player (does NOT included Academy T-Shirt)

3 Sessions: \$105 per player (includes Academy T-Shirt!)

ALL 4 Sessions: \$120 per player (includes Academy T-Shirt!)

- There is a minimum of **8** registered participants for a session to be confirmed.
- Academy participants can purchase the official Academy T-Shirt for \$12 each (includes sales tax).

SAMPLE DAILY TRAINING SCHEDULE

1:00 PM	Players Check In
1:05 PM	Warm-Up
1:15 PM	Technical Activity
2:00 PM	Tactical Activity (may include classroom or video session)
2:45 PM	Functional Activity (may include classroom or video session)
3:30 PM	Conditioned Games
4:15 PM	Unconditioned Games
4:45 PM	Review & Cool-Down

5:00 PM Players Dismissed

SCHEDULE OF SESSIONS

All SOCCER F.I.T. ACADEMY™ sessions will be at:

**The Dennis Viollet Soccer Complex at Eagle Harbor
4387 Lakeshore Drive, Fleming Island, FL 32003**

Saturday, Dec. 19, 2009, 1-5 PM Strikers/Forwards (& Goalkeepers)

Topics may include:

- 1v1 moves
- Ball Striking & Finishing
- Playing Balls Out of the Air
- Penetrating Defenses
- Set Pieces: Attacking

Sunday, Dec. 20, 2009, 1-5 PM Center Midfielders

Topics may include:

- Playmaking
- Dynamic Passing & Receiving
- Progressive Possession & Penetration
- Speed of Play

Monday, Dec. 21, 2009, 1-5 PM Wingers/Outside Midfielders (& Goalkeepers)

Topics may include:

- Flank Play
- Penetrating Defenses
- Crossing & Finishing
- Speed of Play

Tuesday, Dec. 22, 2009, 1-5 PM Defenders (& Goalkeepers)

Topics may include:

- Individual Defending Principles
- Building Out of the Back
- Counter Attacks
- Defensive Clearing
- Set Pieces: Defending

REGISTRATION

- You can download the SOCCER F.I.T. ACADEMY™ Application and Medical Release Form online at www.claycountysoccer.com, click on the SOCCER F.I.T. ACADEMY™ LINK or stop by the Clay County Soccer Club Office on Lakeshore Drive Monday-Thursday, 4-7 PM.
- You can drop off the application at the CCSC Office Monday-Thursday, 4-7 PM, along with a check made payable to: *Clay County Soccer Club* (there will be a \$35 fee for any returned checks).
- Deadline for registration is **Dec. 12, 2009**.
- For questions or additional information, please contact **Carlos Manuel** at soccerfitacademy@yahoo.com or the **CCSC Office at (904) 278-1182**.