



Haverford Soccer Club – Age Group Training Programs

A six-week program for players in Haverford Soccer Club to improve their soccer playing ability with professional coaching.

The hour-long sessions will focus on techniques and tactics for the development of our club players in a FUN environment and will generally be split into the following sections:

Warm Up

Ball each - maximum touches

Physical pace and mental focus established

Technique

Repetitive physical exercise to develop muscle memory and consistency of physical execution

Skill

Introduction of pressure – could be a defender, a target or time – this makes practiced techniques more realistic and game-like

Conditioned Game

A game designed to focus the players on specific skill practiced in a game setting with rules that encourage the skill

Scrimmage

VITAL part of session where players play without conditions, and trainer assesses their success and understanding of theme

NB – All players must be playing in the Fall intramural season and register for the program via the website and pay just \$10 to cover administrative costs!