



“HIGH SCHOOL SELECT” SUMMER SOCCER PROGRAM

Total Soccer Fitness & Training will once again conduct its

“HIGH SCHOOL SELECT” Summer Soccer Program for High School aged players June 29 -- August 12, 2010

Program Fee is \$175.00

The program, to be conducted by TSFT Owner & Director Tom DeNigris, gets under way June 29 and will run through August 12, 2010, at Cedar Drive School in Colts Neck. Training will be conducted 2 times a week, on Tuesdays & Thursdays, from 5:00-6:30 pm. The program is designed to get players prepared for the High School Soccer Season.

TRAINING WILL BE CENTERED ON THE FOUR PILLARS OF SOCCER:

(1) **Technical** -- honing the fundamental skills of juggling, dribbling, passing, receiving, trapping, striking the ball, finishing, defending and goalkeeping. There will be a specific theme in every “Technical Phase” with drills progressing from passive (no defenders, low pressure) to active (defenders, high pressure).

(2) **Tactical** -- concepts such as attacking and defending principles will be the focus. Small-sided games will be the feature in every “Tactical Phase”. Here, too, a specific tactical theme will be emphasized, with progressive games taking players from the 1v1 “Competitive Cauldron” to 2v2, 3v3 and 4v4. “Numbers-Up vs. Numbers-Down” situations -- 2v1, 3v2, 5v3, 7v4, 8v5 -- will also be used. In addition, there will be work on set pieces -- corner kicks, goal kicks, direct & indirect kicks. Many of the tactical phases will conclude with full-field, 2-team scrimmages. Other concepts such as speed of play, set-piece play, and width vs. compactness will be covered.

(3) **Physical** -- the main theme here will be on Speed, Agility & Quickness. TSFT Owner & Director Tom DeNigris is a certified Speed, Agility & Quickness trainer. Players will learn proper running mechanics to help improve their speed both with and without the ball and will also be timed at various distances (10 yards, 40 yards) as well as in different types of agility-testing shuttle runs (40 yards, 60 yards). Other SAQ drills will help players improve their Aerobic and Anaerobic Endurance. There will be an emphasis on stretching, with all players learning the value of “Dynamic Stretching” vs. Static Stretching. Every session will open with a Dynamic Movement & Stretching warmup.

(4) **Psychological** -- learning about motivation, setting individual & team goals.

For More Information: 732-780-6672 highschoolselect@earthlink.net

“HIGH SCHOOL SELECT” SUMMER SOCCER PROGRAM

2010 REGISTRATION FORM

Program Fee: \$175.00

*Please make checks payable to: Total Soccer Fitness & Training
Please mail to: High School Select, 4 Pheasant Road, Colts Neck, NJ 07722*

NAME _____

ADDRESS _____

HOME PHONE _____ CELL PHONE _____

E-MAIL ADDRESS _____

HIGH SCHOOL _____ GRADE (as of Sept. 2010) _____

CLUB TEAM _____

MEDICAL INFORMATION:

Please list any information we need to know as far your child is concerned, such as medications, allergies, etc.

INDEMNIFICATION:

As Parent/Guardian of above-named player, I, _____

(please print name)

agree to allow the above-named player to participate in Total Soccer Fitness & Training’s “High School Select” Summer Soccer Program and hereby agree to release, absolve, and/or indemnify Total Soccer Fitness & Training, LLC, and all other persons associated with Total Soccer Fitness & Training, LLC, including staff and volunteers, from and against any and all claims regarding injury to the above-named player

Parent Signature _____ Date _____