

## Overview

Our academy will focus on age appropriate training sessions designed specifically to enhance every player's overall skill and technique with the ball. Whether you are new to the game, a recreational player, or a competitive player; our sessions are guaranteed to take you to the next level of play. Remember, repetition makes you great.

Make sure to have plenty of water, shin guards with socks that cover the guards, and soccer cleats are recommended. Show up looking like a soccer player; ready to play, ready to learn, and most importantly ready to have a lot of fun. Every player in the Academy will receive an Elite Soccer Academy t-shirt.

### Darien Sportsplex Head Trainer - Jordan Rossi

- NSCAA National Diploma
- USSF National "D" License
- USSF U10/12 Youth Module
- 10+ years of coaching experience
- 20+ years of playing experience
- Former college player
- Former All-American

### Mini-Elite Academy - 6 weeks

#### Ages: 4 - 5 year olds

An introduction to the game of soccer; each session will focus on teaching proper technique, body coordination, and balance. The main goal is to get the kids better coordinated with their bodies and with a soccer ball at their feet, this will be taught through a series of fun games and activities that will conclude with a 3v3 or 4v4 game at the end of each session.

### Junior Elite Academy - 7 Weeks

#### Ages: 6 - 9 year olds

A continued building of confidence with the ball; the class will start to introduce different turns with the ball and start to develop foot speed and quickness. Again, proper technique and balance will be stressed through a series of fun games and activities that will conclude with a 3v3 or 4v4 game at the end of each session.

### Elite Academy - 8 Weeks

#### Ages: 10 - 12 year olds

A polishing of all the basic skills of the game, while also introducing individual attacking and defending principles. The individual attacking will focus on developing confidence on the ball, risk taking, and taking on defenders. This will introduce feints, moves to beat an opponent, and also focus on finishing the ball. The individual defending will focus on proper stance and balance, tackling technique, and closing down the space of an opponent. Each session will end with a 4v4 scrimmage game.



**451 Plainfield Road  
Darien, IL 60561**



**Darien  
Sportsplex**

# Spring 2010 Elite Soccer Academy

- ☆ Mini-Elite Academy
- ☆ Junior Elite Academy
- ☆ Elite Academy



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