



WINTER TRAINING PROGRAMS 2023-2024

The PRIDE SC Winter Training Programs are designed to help develop and maintain the individual technical abilities, decision making skills and physical fitness of players during the winter. The “Team” programs are open only to PRIDE SC players, while the Juniors, Fitness/Speed and Goalkeeper Programs are open to any player, recreational or club, regardless of affiliation. Each session will be planned by a PSC director or coach based on the PSC winter curriculum and the needs of the group or team. Players will be placed in training groups based on PSC team, age, gender and/or ability. Days and times listed for each program below are tentative to give you an idea of what day/time it could be, but are subject to change based on player registration, coaches, and facility availability. Also, schedules are “flexible” in that players can choose to join another group when they are not available for their regular group training.

All members of the PRIDE SC winter coaching staff are licensed through the United States Soccer Federation (USSF) and/or the United Soccer Coaches Association with multiple State, Regional and/or National Licenses!

TEAM TRAINING PROGRAM (U8-U14) – Only for players currently on PSC Teams with training led by the head coach of the team/age group or director as much as possible. Technical topics include but are not limited to dribbling, passing, receiving, striking, first touch, and finishing. Tactical issues covered will include possession, speed of play, combination play, 1v1, and transition. Fitness elements will focus on speed, quickness, and agility. **Total of TEN 60 min sessions from mid-November - mid-February** expected on following days
Sundays at 4pm, 5pm or 6pm; Mondays at 5pm or 8pm; Tuesdays at 7 or 8pm; Wednesdays/Thursdays at 5pm, 6pm, 7pm or 8pm. Cost - \$130

HIGH SCHOOL TEAM TRAINING PROGRAM (U15-U19) – Only for players currently playing on PSC U15-U19 Teams. This training will combine fitness elements with advanced technical and tactical play preparing players for the winter/spring season. There will be a total of SIX sessions during December, January, and early February expected to be on the following days/times and other times that do NOT conflict with U15-U19 team training. Sunday evenings or weeknights at 4pm or 8pm. Cost - \$80

FITNESS and SPEED PROGRAM (U9-U19)– For all players, designed to supplement team training and help players develop physically. The focus will be on improving speed, quickness, and overall soccer fitness.
U9-U14 Session 1 (U9-U11 and U12-U14 groups expected): Six Tuesdays in November/December
U9-U14 Session 2 (U9-U11 and U12-U14 groups expected): Six Tuesdays in January/February
U15-U19 (HS) Session: Six Tuesdays in December/January/February
Start times based on number of groups. Most likely at 5pm, 6pm and 7pm. (Could have a 4pm for High School) Cost per session - \$80

JUNIORS PROGRAMS (U5-U9)

Group 1 (U5-U6) –Training sessions will emphasize the basic skills needed for the beginning soccer player using games and other fun activities. Simple tactics will also be taught through the use of small-sided games. Fitness will consist of agility and coordination activities.
Group 2 (U7-U9) -Training sessions will emphasize skill development in the following areas: juggling, dribbling, passing, receiving, striking, 1v1 and possession. Fitness will consist of agility, quickness, and coordination.
Session 1 - Five Mondays at 6pm or 7pm on Nov 13, 20, 27, Dec 4 and 11.
Session 2 - Five Mondays at 6pm or 7pm on Jan 8, 15, 22, 29, and Feb 5. Cost per Session - \$45

GOALKEEPER PROGRAM (U8-U19) – For the club level goalkeeper. Focus will be on the key technical abilities needed in game situations. Topics include but are not limited to: cutting off angles, high/low balls, reaction time, footwork, body position, diving, and catching. Training groups are dependent upon number of interested players. Program will consist of 8 sessions in **January/February** on Tuesdays (maybe 1-2 Thursdays). Cost per session - \$130

Eastside Athletics Indoor Complex, 11435 Lithopolis Road, Lithopolis, OH 43136

(MOST SESSIONS ARE EXPECTED TO BE INDOORS AT EASTSIDE ATHLETICS, BUT PSC WILL UTILIZE OUTDOOR TURF FACILITIES WHERE POSSIBLE IN ORDER TO PROVIDE MORE TRAINING OPPORTUNITIES)

Girls – Mark Casperson, coach.casperson@gmail.com

Boys – Alex Wentz, coachwentz@alexwentz.me

Fitness – Matt Knorr, coachknorr@outlook.com

Juniors – Kaleb Blevins, coachblevins98@yahoo.com

Goalkeeper – Trevor Nelson, tjn61582@aol.com

ALL PLAYERS MUST REGISTER at: www.pridesoccerclub.com by October 27th or December 8th (Juniors/Fitness/GK programs with a 2nd session)