



Futura FC-Southland Winter Melee 2011

Who: All players and skill levels ages 6 and up.

When: Dec. 28-30, 2010

Times: U7-U12 players from 2 pm to 3:45 pm
U13 and up players from 4 to 5:45 pm

(Depending on sign up numbers, we may have to bump some u12 players up to the older age times. Players will be grouped age and skill appropriate.)

Where: Sports City, Blue Springs, MO

What: FFC-S Melee will be a 3-fold program during the Christmas break geared to keep players touching the ball, improving skills, developing stamina, and having fun while competing on an individual basis, age appropriate. Each session will consist of a technical training session, a speed and agility session, and then small-sided games with an emphasis on earning points individually in a competition that will go over the course of the three days with awards given daily as well as accumulatively over the 3 days. Awards will be given in areas such as Offensive Player, Defensive Player, Most Assists, Creativity, Sportsmanship, Leadership, etc. Prizes will include spirit gear, soccer balls, etc.

Benefits:

- The speed and agility training will expose athletes to the proper techniques of athlete-building, explosive, body movements. Athletes will develop technique, quickness, and coordination from this training.
- The vision of technical training is to keep the ball at the players' feet and keep their touches fresh.
- Hands-down, the most fun piece of the Melee program will be the small-sided games. This part will be the Battle Zone. This is giving the game back to the players.
- FUN, FUN, FUN—We anticipate players won't want to leave when the day is done.

For more information, email coachchilders@embarqmail.com.