



# EDEN PRAIRIE SOCCER CLUB

## PASSION • RESPECT • EXCELLENCE

### 2002 (18U) Red Boys EPSC Winter 2 Programming (January - March) Head Coach – Ken McCarthy

Note: This is all included in your fees and you do not need to register.

#### Schedule Dates and Info:

Event	Day	Time	Location	Dates	No Training
AGT	Tuesdays	840-950pm	EPHS Dome	1/7 – 3/24	N/A
Team Training	Thursdays	840-10pm	EPHS Dome	1/9 – 2/27	N/A
Futsal & SAQ	Sundays	430-6pm	CMS	1/5 – 3/22	2/2
TCSL Winter League Games	Primarily Saturday or Sundays		6 Games	See Schedule	

#### Winter Training Info:

##### *3 Different types of Training Sessions –*

- 1. AGT (Age Group Training)** will be technical training sessions that will challenge and develop the individual. The overall philosophy is to develop the individual and, in time, that will improve the team.
- 2. Team Training** are high-level training sessions that will challenge the players to improve all aspects of their game. These aspects will include; technical, tactical, psychosocial, physical, and competitive
- 3. Futsal & SAQ**
  - **Futsal** - Small sided games that encourages lots of touches, quick decision-making, transition, creativity, close control and high tempo action as well improving fitness.
  - **Speed Agility Quickness (SAQ)** = This will improve the player's speed/agility/quickness and explosiveness on the soccer field, while helping with injury prevention.

### **Winter League:**

The group will be participating in [TCSL Winter League](#) this Winter where they will be playing meaningful games against good competition that will prepare them well for the Spring/Summer Season ahead. TCSL Winter League runs from November 2019 to mid-March 2020.

### **Goalkeeper Academy (GKA):**

Goalkeeper Training Dates/Times will be:

Days	Time	Location	Dates	No Training
Thursdays	840-10pm	EPHS Dome	1/9 – 2/27	N/A
Sundays	840-950pm	EPHS Dome	1/5 – 3/22	2/2