



# EDEN PRAIRIE SOCCER CLUB

## PASSION • RESPECT • EXCELLENCE

### 2005 (15U) Red Girls EPSC Winter 1 Soccer Programming (Nov-Dec) Head Coach – Scott Dossett

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

*Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.” -Pele*

#### **Winter Training Info:**

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

- 1) **Skills Training** that will be focused on improving individual technique through lots of small sided games, touches on the ball, and high-tempo, competitive action.
- 2) **Team Training** that is carefully thought out, 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) **Larger Space** training session where players will work on tactical pieces and game like situations through scrimmages between teams

#### **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.

*"Do what you love. If you love something, you aren't going to care about the sacrifices you're making to do whatever it is." – Kelley O'Hara*

#### **Schedule**

3x Per Week with the potential of a home game Sunday or an away game Saturday (instead of practice)

All Sessions will be at the EPHS Dome

- **Tuesdays** – 11/12, 11/19, 11/26, 12/3, 12/10, 12/17 (7.15-8.30pm)
- **Thursdays** - 11/7, 11/14, 11/21, 12/5, 12/12, 12/19 (7.15-8.30pm)
- **Saturdays** - 11/9, 11/16, 11/23, 12/7, 12/14 (2.30-3.45pm)
- **Sundays** – TCSL Winter League Schedule to be released by league at a later date

#### **Goalkeeper Academy (GKA) –**

Goalkeepers, [use this link](#) to view goalkeeper training times/dates and to sign up for the sessions