



EDEN PRAIRIE SOCCER CLUB

PASSION • RESPECT • EXCELLENCE

2006 (14U) Red Girls EPSC Winter 2 Programming (January - March) Head Coach – Aaron Fenton

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	8-920pm	EPHS Dome	1/9 – 2/27	N/A
Futsal & SAQ	Sundays	1210-130pm	CMS	1/5 – 3/22	2/2
NPL Games	Primarily Saturday or Sundays		8 Games	Schedule Coming Soon	

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 [National Premier League](#) (NPL) this Winter where they will be playing meaningful games against top competition that will prepare them well for the Spring/Summer Season ahead. NPL runs from November 2019 to mid-March 2020.

Goalkeeper Academy (GKA):

Goalkeeper Training Dates/Times will be:

Days	Time	Location	Dates	No Training
Thursdays	8-920pm	EPHS Dome	1/9 – 2/27	N/A
Sundays	840-950pm	EPHS Dome	1/5 – 3/22	2/2