



EDEN PRAIRIE SOCCER CLUB

PASSION • RESPECT • EXCELLENCE

2007 (13U) Red Boys EPSC Winter 1 Soccer Programming (Nov-Dec) Head Coach – Kevin Reid. Asst. Coach – Sam Calo

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 [Twin Cities Soccer League](#) (TCSL) this Winter where they will be playing meaningful games against top 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

- **Mondays** – 11/11, 11/18, 11/25, 12/2, 12/9, 12/16 (6.10-7.25pm)
- **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 (1.15-2.30pm)
- **Sundays** – TCSL 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 signup for the sessions