



EDEN PRAIRIE SOCCER CLUB

PASSION • RESPECT • EXCELLENCE

2007 (13U) Red Boys EPSC Winter 2 Programming (January - March) Head Coach – Kevin Reid

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 | 610-715pm | EPHS Dome | 1/7 – 3/24 | N/A |
| Team Training | Thursdays | 8-920pm | EPHS Dome | 1/9 – 2/27 | N/A |
| Futsal & SAQ | Sundays | 130-250pm | CMS | 1/5 – 3/22 | 2/2 |
| TCSL Winter League Games | Primarily Saturday or Sundays | | 6 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 [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 | 8-920pm | EPHS Dome | 1/9 – 2/27 | N/A |
| Sundays | 720-835pm | EPHS Dome | 1/5 – 3/22 | 2/2 |