

# Co-ed Winter Training Program U5 through U8 Boys & Girls



## *U5-U6: Birth Years 2017 and 2018*

- Indoor sessions that will focus on introduction of technique followed by small-sided games (3v3). At each session a specific technique is introduced, and players will be able to apply this technique in a game format. Sessions will be led by Mike Smith (U5 and U6 director) and Nathan McBeth (Grassroots Director).
- 7:30-8:30am, Saturday mornings starting January 7th and ending February 11th (6 sessions) with a bad weather make-up February 18th.

## *U7-U8: Birth Years 2016 and 2015*

- Indoor sessions that will focus on technique followed by small-sided games (3v3). At each session a specific technique is introduced, and players will be able to apply this technique in a game format.
- 8:30-9:30am, Saturday mornings starting January 7th and ending February 11th (6 sessions) with a bad weather make-up February 18th.

## *Location*

Oakland High School Indoor Facility: 2225 Patriot Dr. Murfreesboro, TN 37130

## *Cost*

\$80 per player - REGISTRATION DEADLINE IS JANUARY 4, 2023

## *Details*

- Training Dates: Saturdays - Jan 7th, 14th, 21st, 28th, Feb 4th and 11th.
- Due to space availability, we are only able to accept 60 players for the U5/U6 age group and 60 for the U7/U8 age group.
- Shin guards are required. Regular cleats may be worn at the indoor facility.
- NO JEWELRY- absolutely no jewelry is allowed during soccer games. This includes but is not limited to earrings, facial piercings, bracelets of any kind, rubber bands around wrist and necklaces. NO hard hair accessories allowed.

*Due to the limited number of openings for this program, refunds will be not given.*

For additional information or questions, please contact [claire@kingshammer.com](mailto:claire@kingshammer.com) or [nathan@kingshammer.com](mailto:nathan@kingshammer.com)

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