

# BSC Winter Soccer Academy 2010

**Bridlemile Soccer Club** is offering a 6-week Winter Academy for any player who wants to improve the technical side of their game. These sessions will be instructed by professional coaches who will challenge each player to better their skills with the soccer ball. Players will focus on various techniques based on receiving, dribbling, and distributing the ball. We will also be following the United States Soccer Federation (USSF) Best Coaching Methods by having small sided games every Friday.

## Training Overview

### **Dribbling**

- developing moves for different situations that arise on the field.

### **Distributing**

- working on various ways of striking the ball (passing, shooting, crossing, & clearing the ball) with different surfaces of both feet.

### **Receiving**

- showing players several methods of receiving the ball that they can use in game type situations.

### **Defending**

- Working with players on the right type of defensive stance and footwork players should use.



## Coaching Staff

The Winter Academy will be directed by BSC Coaching Directors Scot Thompson & Ryan Youngblood who are both USSF Nationally Licensed coaches. The remainder of the staff will include our licensed, experienced BSC Coaches, and current / former Portland Timber players.

## Academy Information

**Starts January 6th - February 12th**

**U10 & U11 Boys & Girls: 5:30pm - 7pm**

**U12 & U13 Boys & Girls: 7pm - 8:30pm**

**Wednesday & Friday on the OES Turf Field**

**Cost: \$140 - 2 sessions a week / \$85 - 1 session a week**

(Please make checks payable to BSC)

**Current Players can register online at [www.bridlemilesoccer.com](http://www.bridlemilesoccer.com)**

### Registration Form - BSC Winter Academy 2010

Is player currently on a BSC Classic Team Yes / No

If Yes, just fill in Player's Name and Days Planning to Attend. If No, please fill out all information

Fall Soccer Club: \_\_\_\_\_

Player's Gender: Boy / Girl

Birthdate: \_\_\_ / \_\_\_ / \_\_\_

Age Group: U10 / U11 / U12 / U13

Player's Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent's Names: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Days Planning to Attend: Wednesday / Friday / Both

Any Medical info we should know:

Mail form and payment to: Bridlemile Soccer Club, 3747 SW 50th Ave, Portland, OR 97221

**WWW.BRIDLEMILESOCCKER.COM**