

Functional Training

For the 3 lines of play

Continuing this season will be our functional training program. Players will be given the opportunity to fine-tune their specific roles on the field through small group learning and repetition.

Each program will consist of four 1-hour sessions and will have a maximum occupancy of 12 players. The program is available to all our **U11-U14 Players**.

The same program will repeat itself within the same season.

The start date for the first program will be **Wednesday April 4th 11th 18th 25th**

5:00-6:00pm Midfield play

6:00-7:00pm Forward play

7:00-8:00pm Defensive play

The second program will start on **May 2nd** and follow the same format on the following **3 Wednesdays finishing on May 22nd**.

Paulette Rumpke our current U13 Premier Coach will be taking the sessions. Paulette holds a USSF B and National Youth License and has been an associate director with the Cardinals for the past 4 years.

The cost per player will be \$25.

Please e-mail Paulette at Rump10@aol.com 513-607-5161

Please include your daughters name and the session that they would like to attend!

This will be on a first come first serve basis. Paulette will inform you via e-mail if you have been accepted or if the program is full.

If you are successful please send all checks to your age group treasurer. Checks made payable to Cardinal Soccer Club

P.T.O

Functional training (Format)

U11-U14

Starting in April we will run a 4 week course incorporating the below topics. Sessions will be 1 hr long. The same exact program will repeat itself in May.

For the final 3rd player:

- Day 1 – Facing the goal, pure shooting
- Day 2 – Attacking crosses high and low
- Day 3 – Playing with your back to goal
- Day 4 – Combination play and runs with the front 2

For the middle 3rd player:

- Day 1 – Playing the way you are facing 1 and 2 touch
- Day 2 – Switching the point of attack, receiving the ball on the half turn
- Day 3 – Combination play with the front 2
- Day 4 – Attacking runs into the box

For the defensive 3rd player:

- Day 1 – Attacking balls in the air with shape and cover
- Day 2 – Defending crosses in the box
- Day 3 – Dealing with 1v1 situations, getting tight and confident.
- Day 4 – Playing around and out of the back 3rd