

# Functional Training

For the 3 lines of play

New to this spring is 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 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup>**

5:00-6:00pm Defensive play

6:00-7:00pm Midfield play

7:00-8:00pm Forward play

The second program will start on **May 3<sup>rd</sup> and follow the same format on the following 3 Wednesdays finishing on May 24<sup>th</sup>.**

Mike Meyer our current U18 Premier Coach will be taking the sessions. Mike is the current NKU Assistant Men's coach and holds a USSF B and National Youth License

The cost per player will be \$25.

Please e-mail Mike at: [info@mjmsoccer.com](mailto:info@mjmsoccer.com) 513-258-5621

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

This will be on a first come first serve basis. Mike 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

Liz Kohls

1892 Kingsway Court

Cinci, OH

45230

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 3<sup>rd</sup> 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 3<sup>rd</sup> 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 3<sup>rd</sup> 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 3<sup>rd</sup>