

About CNYFSC Soccer Clinics

- ◆ The clinic will run for nine weeks, starting July 8 & 10 through September 2 & 4.
- ◆ Clinics on Tuesdays are designated for ages U11 and up and Thursday U8-U10.
- ◆ All clinics will run for an hour, 6:00 pm to 7:00 pm on our indoor fields (chance of outdoor play, so please bring both indoor and outdoor cleats).
- ◆ Players will have the opportunity to work on their skills and knowledge of the game with other players in their age group.



Clinic Philosophy

We believe that young soccer players should learn in a fun and safe environment.

Our dedicated staff, along with our guest coaches, will work hard to ensure that each player maximizes his or her potential while having a memorable experience.

Proper learning and practicing of fundamental skills will be given high priority.

Basic instruction of rules and team play will

About the Sports Centre

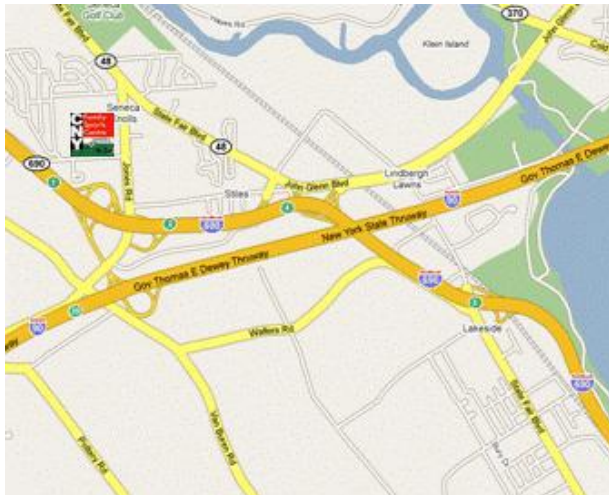
Featuring Indoors

- ◆ Two 185' x 85', Sport Field turf (plays like natural grass) multipurpose fields with dasherboards
- ◆ Seating for 320 spectators in bleachers
- ◆ One 500 sq. ft. warm-up area
- ◆ Men's & women's changing areas and rest rooms
- ◆ Education Center / Team Meeting Room
- ◆ Video arcade
- ◆ Upper Level Mezzanine for spectator viewing

Featuring Outdoors

- ◆ Three 110yd. x 70yd. natural grass multipurpose fields
- ◆ Two 70yd. x 40yd. natural grass multipurpose fields
- ◆ One 90yd. x 60yd. natural grass multipurpose field
- ◆ One 35yd. X 25yd. multipurpose natural grass field
- ◆ Family picnic area

Conveniently located off Route 690 at Jones Road or Exit 39 of the NYS Thruway



CNYFSC Soccer Clinic

Tuesday Night Clinic U11 & up
July 8-September 2, 6:00 -7:00 pm
Thursday Night Clinic U8-U10
July 10-September 4, 6:00-7:00 pm



The CNY Family Sports Centre
7201 Jones Road
Syracuse, New York 13209
Phone 638-8866
Fax: 638-2882

www.CNYFSC.com

About the Coaching Staff

Jeff Knittel

A former player at Syracuse University, Jeff has become one of the most recognized players from the Syracuse area. A native of Chittenango, he was a 3 time All-America, 1994 National High School Player of the Year, a former U17 USA National Team Player, and the 1995 Big East Conference Rookie of the Year. He was the Boys Varsity Head Coach at Fulton High School from 2002-2007 and lead the team to the 2005 NYSPHSAA State Championship, and the 2006 Section III Finals. Jeff is the Manager/Program Director at the CNY Family Sports Centre, In 2008 he lead the CNY United FC U17 Boys team to the NYSW State Championship. In the Fall of 2009, Jeff became the Head Coach of the Onondaga Community College Men's Soccer Program. He holds a USSF National "B" License.

Matt Gillis

Gilly, as the kids call him, played his high school ball for Fayetteville-Manlius where he was a 2 time All CNY player. He won several NYSW State Championships playing for the Styx & Kicks Rockets. Matt also played in college for Division III powerhouse Plattsburgh State University. Gilly also played on the on the CNY United PASL Semi-Professional Indoor Men's Team. Matt's vast playing experience and passion for the game of soccer has him flying through the coaching ranks in Central New York.

Assistant Coaches will consist of the most talented college and high school players in the Central New York area!

www.cnyfsc.com

CNYFSC nine week soccer clinic will be split up into three different sessions to focus on forward play, midfield play and defensive play.

Dates & Times

Every Tuesday and Thursday
6:00pm - 7:00pm

Starts July 8 & 10 Ends September 2 & 4

Clinic Schedule

The first three weeks: forward play.
July 8 & 10 - July 22 & 24
The second three weeks: midfield play.
July 29 & 31 - August 12 & 14
The last three weeks: defensive play.
August 19 & 21 - September 2 & 4

Forward Play

These sessions will work on aspects of the game occurring in the offensive third. These aspects include skills such as ball control, shooting and finishing, making runs and accurate passing. Other skills that are included in the offensive play, are player positioning and awareness. The offensive players are the crucial goal-scoring players on the field.

Midfield Play

The focal points of these sessions will include possession of ball, point of attack and switching the fields. Midfield has a crucial role on the field because how well the midfield can defend, possess and pass the ball projects onto how well the team will do. These sessions will be a great opportunity to learn the basics of soccer because so much of the offensive play stems from the midfield.

Defensive Play

Have you ever heard the term "defense makes offense"? In these sessions the players will learn why. During these sessions the players will learn defensive structure and positioning, marking up and controlling the ball in their own teams third. Defense is a type of play that is played all over the field and is essential to winning a game.

Registration Form

CNYFSC Soccer Clinic
July 8 & 10 – September 2 & 4

Player's Name: _____

Date of Birth: _____ Age: _____

Parent's Name: _____

Address: _____

City: _____ Zip: _____

Day Phone: _____

Home or Cell Phone: _____

Email Address: _____

Credit Card: (Only if paying with credit card)

Visa ___ Master Card ___ Discover ___

Expiration: _____ CCV# _____

I as the players parent agree to have my credit card used for the purpose of insuring payment of clinic fees. I understand that if I have not paid the full amount of the clinic fees by the start of the clinic my card will be billed for the balance of the clinic fees.

Waiver of Liability: By Signing this registration, I understand I am responsible for providing insurance for my child or myself against personal injury or death while participating in activities at the Central New York Family Sports Centre. I also hold the Central New York Family Sports Centre harmless in the event of injury or death.

Card Holder: _____

Signature: _____

COST:

Nine Week Session Fee: \$70.00

This price includes the nine clinic sessions offered. Players will be covered for the offensive, midfield and defensive sessions.

Individual Session Fee: \$10.00 per session

This price allows for a payment on a per session basis. This way players can choose what sessions they would like to attend according to their interests or schedule

Please make checks out to:
CNYFSC