

About Micro-Soccer

- ◆ Each session runs for eight weeks, then a new session will begin.
- ◆ Special guest coaches throughout the session.
- ◆ Learn the basics of the game with other players in a fun environment.

Training 45min. Games 15 min.

The coaches will determine which group each of the players will be placed, based on skill level. Each player must master the skills of every level to be graduated to the next. The levels **will not** be organized by age, but will be split by **skill level**.



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 be addressed in game situations.

T-Shirts Printed By:
Custom Logo USA

About the Sports Centre

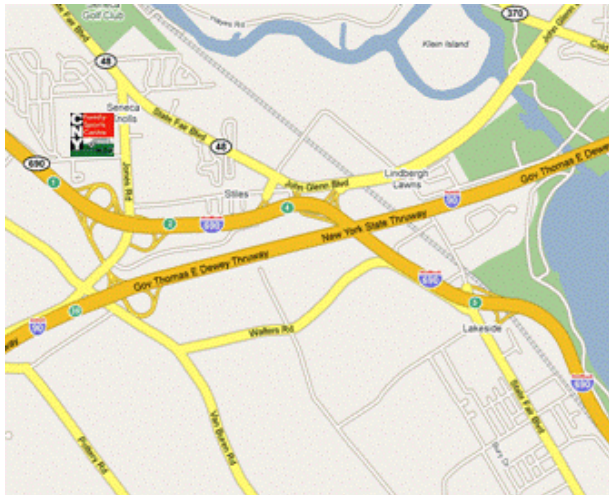
Featuring Indoors

- ◆ Two 185' x 85', Sport Field turf (plays like natural grass) multipurpose fields with dashboards
- ◆ 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
- ◆ Family picnic area
- ◆ 250 car parking lot

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



Micro-Soccer Summer 2016 July - August

Soccer Training for Young Players

Ages 3 - 8

Every Monday Evening 5:30pm-6:30pm

July 11th – August 29th 2016



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-American, 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. From 2009-'11, Jeff was the Head Coach of the Onondaga Community College Men's Soccer Program, winning the MSAC Championship in 2011. Jeff is the Manager/Program Director at the CNY Family Sports Centre, President of the Syracuse Fusion Soccer Club, and holds a USSF National "B" License.

Including the CNYFSC Coaching Staff consisting of local club, high school and college coaches



www.cnyfsc.com

Micro-Soccer is geared towards the beginner player ages 3-8. The players will be trained in the basic fundamentals of the sport, dribbling, passing, receiving, and playing in small sided games.

Dates & Times

Every Monday
5:30pm - 6:30pm

Starts July 11th **Ends** August 29th

Schedule

July 11th, July 18th, July 25th, August 1st, August 8th, August 15th, August 22nd, August 29th

Beginner Age 3

This program will be run for players who enter Micro-Soccer for the first time. We will teach the basic fundamentals of the sport, starting with such basic things as running, jumping, and lateral movement. The coaching staff will also introduce dribbling a ball using the tools taught above. It is important to have each player with a ball at their feet while they are learning the fundamentals of running, jumping and lateral movements.

Intermediate 1 Age 4

The intermediate 1 program is for players who have been in the clinic previously for 1 or 2 sessions. The coaching staff will graduate each player to the next level based on his/her skill level, field awareness and desire to learn the fundamentals. Using the skills taught in the beginner class, the intermediate 1 players will be trained to pass and receive.

Intermediate 2 Age 5

The intermediate 2 program is for players who have been in the clinic previously for 2 or 3 sessions. The coaching staff will graduate each player to the next level based on his/her skill level, field awareness and desire to learn the fundamentals. Using the skills taught in the intermediate 1 class, the intermediate 2 players will be trained to pass and receive as well as strike a ball at goal.

Junior Academy Ages 6, 7 & 8

The Junior Academy is the 4th and final step in the Micro-Soccer clinic. This is for players who have been in the program 3 or 4 times previously and/or have shown the ability to play at a high level. This is the highest level in the Micro-Soccer clinic. All the fundamentals should be taught by this time and now the tactical part of the game can be trained. The players will now move onto our CNYFSC Youth Soccer program.

Groups May Be Combined Due To Number of Players

Registration Form

MICRO SOCCER REGISTRATION FORM

July 11th– August 29th

Player's Name: _____

Date of Birth: _____ Age: ____ Shirt Size: YS YM YL
Please Circle

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:

New Player Fee: Micro-Soccer is **\$95.00**

*This includes eight training sessions
a Micro-Soccer T-Shirt and a Soccer Ball!*

Returning Player Fee: \$90.00

*This includes eight training sessions and a
Micro-Soccer T-Shirt*

Please make checks out to:
CNYFSC