

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:
New Age Graphix

About the Sports Centre

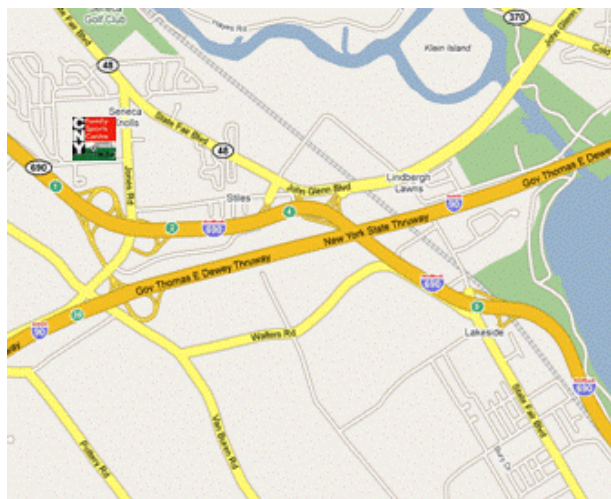
Featuring Indoors

- ◆ 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 Winter 2012 January - March

Soccer Training for Young Players

Ages 3 - 8

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

January 16th – March 5th

Need a
Soccer Ball?



Each player
receives a
soccer ball with
registration!



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 led 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 led the CNY United FC U17 Boys team to the NYSW State Championship. In the Fall of 2009, Jeff started the Onondaga Community College Men's Soccer Program and is currently the Head Men's Soccer Coach. 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 is also a fan favorite and star performer 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

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 January 16th **Ends** March 5th

Schedule

January 16th, January 23rd, January 30th, February 6th,
February 13th, February 20th, February 27th, March 5th

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

January 16th - March 5th

Player's Name: _____

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

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# _____

Card Holder: _____

Signature: _____

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.

IMPORTANT:

Unfortunately, the Sports Centre will only accept a maximum of 40 registrations for Micro-Soccer. We have this policy to ensure that our coaches can give each child adequate attention and instruction.

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