



2010 Fall Schedule of Events: Soccer

24 Old Black Meadow Road - Chester, NY 10918 (845) 469-9507

**Indicates Rock Membership Pricing*

www.Therockssportspark.com

Please Check Session(s) you're registering for.

BORN to KICK (ages 3-4) \$70/*\$60 per session. Classes are 50 minutes.

Introduces players to soccer skills: running, striking, flexibility, body control, passing, & dribbling.

MONDAY 10:00 am

Session 1: Sept 13, 20, 27, Oct 4

Session 4: Oct 18, 25, Nov 6

WEDNESDAY 1:00 pm

Session 2: Sept 1, 8, 15, 22

Session 5: Sept 29, Oct 6, 13, 20

FRIDAY 2:00 pm

Session 3: Sept 3, 10, 17, 24

Session 6: Oct 1, 8, 15, 22

LITTLE KICKERS (ages 5-7) \$70/*\$60 per session. Classes are 50 minutes.

Introductory soccer classes focusing on technical skills: Receiving, Dribbling, Passing, and Shooting

SATURDAY 12:00 pm

Session 1: Sept 18, 25, Oct 2, 9

Session 2: Oct. 16, 23, 30 Nov 1

WEDNESDAY 2:00 pm

Session 2: Sept 1, 8, 15, 22

Session 5: Sept 29, Oct 6, 13, 20

FRIDAY 5:00 pm

Session 3: Sept 3, 10, 17, 24

Session 6: Oct 1, 8, 15, 22

INTRODUCTION TO GOALKEEPING (ages 7-9) \$115/*\$100 per session. Classes are 60

minutes. Introductory goalkeeping classes focusing on technical skills: Shot Stopping, Distribution, and Form Diving.

TUESDAY 5:30 pm

Session 1: Sept 7, 14, 21, 28

Session 4: Oct 5, 12, 19, 26

THURSDAY 6:30 pm

Session 2: Sept 2, 9, 16, 23

Session 5: Sept 30, Oct 7, 14, 21

SATURDAY 10:00 am

Session 3: Sept 4, 11, 18, 25

Session 6: Oct 2, 9, 16, 23

GOALKEEPING (ages 10-12) \$115/*\$100 per session. Classes are 60 minutes.

Goalkeeping classes focusing on technical skills: Footwork, Positioning, Catching, Diving

TUESDAY 6:30 pm

Session 1: Sept 7, 14, 21, 28

Session 4: Oct 5, 12, 19, 26

THURSDAY 7:30 pm

Session 2: Sept 2, 9, 16, 23

Session 5: Sept 30, Oct 7, 14, 21

SATURDAY 11:00 am

Session 3: Sept 4, 11, 18, 25

Session 6: Oct 2, 9, 16, 23

-More on Back-

GOALKEEPING (ages 13-16) \$135/*\$120 per session. Classes are 60 minutes.

Goalkeeping classes focusing on technical skills: Adv Diving, Punch/Parry, Breakaways, Distribution

TUESDAY 7:30 pm

- Session 1: Sept 7, 14, 21, 28
- Session 4: Oct 5, 12, 19, 26

THURSDAY 8:30 pm

- Session 2: Sept 2, 9, 26, 23
- Session 5: Sept 30, Oct 7, 14, 21

SATURDAY 12:00 pm

- Session 3: Sept 4, 11, 18, 25
- Session 6: Oct 2, 9, 16, 23

FOOTSKILLS (ages 8-12) \$115/*\$100 per session. Classes are 60 minutes.

Mastery of the ball, confidence and composure developed through repetition. Focus on ball control, speed dribbling, 1v1 moves, first touch, settling, receiving, turning, and deception.

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THURSDAY 6:30 pm

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TURN & BURN SPEED SCHOOL (ages 8-18) \$110/*\$95 per session. Classes are 60 minutes.

Speed and strength training, dynamic stretching, sprint plyometrics *Overload Speed Techniques * Soccer Specific running.

Wednesday 6:00pm

- Session 1: Sep 15, 22, 29, Oct 6
- Session 2: Oct 13, 20, 27, Nov 3
- Session 3: Nov 10, 17, 24, Dec 1

Thursday 5:00pm

- Session 4: Sep 16, 23, 30, Oct 7
- Session 5: Oct 14, 21, 28, Nov 4
- Session 6: Nov 11, 18, Dec 2

Ages 7 & up – Bring your own inflated soccer ball.