



Open to Girls and Boys ages 8 to 16
Location: Port Stanley Beach (in front of GTs)

BEACH soccer

T R A I N I N G



Beach soccer is one of the most spectacular and exciting sports to watch.

Dates:

Sunday July 9, 16, 23, 30

Sunday August 6, 13, 20, 27*

Each session runs 9-11am

August 27 will have free pizza lunch after session*

Please arrive 15 minutes prior

Cost: **\$160** per player

Includes EDFC t-shirt

***Registration Deadline is June 15 2017**



BEACH soccer

T R A I N I N G

Fitness Training

1. Endurance
2. Explosive strength
3. Speed
4. Coordination

Technical Skills

1. Scissor kicks
2. Ball control
3. Dribbling
4. Juggling Passing



Register online at:

www.teampages.com/forms/13704-2017-Beach-Training-Sign-Up-Online