

# Caledon Soccer Club

## Winter Technical Training Program 2009/2010

November 11<sup>th</sup>, 2009 to April 7<sup>th</sup>, 2010

The Technical Staff of the Caledon Soccer Club invite players to attend our indoor program to improve their skills during the off season and for those wishing to compete at a higher level.

Winter Technical training for House League Under 7 to Under 11 (Male and Female) Wednesday at Robert F Hall 7 pm to 8 pm

### Program Highlights:

- Players grouped by age and ability
- Fun learning environment
- Focus on skill and technical development.

### Players receive coaching on:

- Coerver ball skills
- Dribbling
- Shooting
- Passing and receiving
- Balance
- Individual defending
- Speed and agility
- 1 v 1
- Small sided games

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## Winter Technical Training Program 2009/2010

All programs developed and run by the Caledon Technical Staff

### Registration Form

#### Participant Information

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Position: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

E Mail: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Relationship: \_\_\_\_\_

### Session Dates

#### Wednesday's at Robert F Hall SS

6500 Old Church Rd Caledon East

Time: 7:00 pm to 8:00 pm November 2009 to April 2010

(Exemption dates to be determined)

**Cost \$225.00 (Payable to Caledon Soccer Club)**

Completed registration forms along with payment may be mailed to the  
Caledon Soccer Club at PO Box 119 Stn Main Caledon East ON L7C 3L8  
or dropped off at 2 McKee Dr S, Caledon East (Walker Rd E & Airport Rd).

**All registrations and fees must be received before any player can participate in any Club Program**