



Central Ohio's Best Soccer Experience

SANTOS F.C.

Indoor Training

Open to everyone ages 6 years to Adult!

Indoor Training will include two training sessions a week, two speed and agility sessions a week, and one game a week of futsal (league soccer format).

We will be running these sessions at multiple times during the week, so if the player can't attend the session with their age group they will have other opportunities to do so.

We will have training Monday through Thursday from 5-9pm and games on Fridays. See our website for the team schedule. www.santos-fc.com. The cost will be \$225 per player for the 4-month season. This breaks down to only \$2.80 per session!

All sessions will be coached by the experienced Santos Coaching Staff. This is a great opportunity to play and develop over the winter whether your child is playing one or more sports.

All training sessions and games will take place at the Ultimate Sports Center on Steelwood Road, south of the intersection of Kenny & Kinnear Roads. Ultimate Sports Center's website can be found at www.ultimatesc.com

8 Speed/Agility/Strength Sessions per month
(2 per week)

Basic athletic movements such as coordination, running technique, balance, motor skills, speed, agility and foot speed. This combined with specific strength training based on age group will reduce injury, increase quickness, increase speed in multi-directional movement, and develop balance and coordination through body awareness.

SPEED/AGILITY & STRENGTH TRAINING SESSIONS

8 Training Sessions per month
(2 per week)

Will improve players technical, tactical, and decision making through training in game like situations

TRAINING SESSIONS

4 games per month (1 per week)

Futsal is played on a basketball court with two small goals. Players use a smaller and slightly heavier ball to play. Rules are the same as outdoor soccer but the game is fast paced and a lot of FUN! Having a smaller ball really develops players ball skill and control. Each team consists of 5 players on the court (4 field players and a keeper)

FUTSAL

The deadline to reserve a spot is October 5, 2010.

To register, please complete form below, detach and mail with your check **payable to Santos FC** to:
4279 Camborne Road, Columbus, Ohio 43220.

If you have any questions, please email Coach Alyx directly at alyx1518@yahoo.com

Player's Name: _____

Age Group: _____

Parent's Name: _____

Parent's E-mail: _____