



EDEN PRAIRIE SOCCER CLUB

PASSION • RESPECT • EXCELLENCE

EPSC Winter 2 Programming (January - March)

Led by EPSC Directors

Players born 2001 through 2005

AGT (Age Group Training) is covered in your Member fees.

There is also an additional “SKILLS” program that players can opt in to! SKILLS is ran by EPSC Professional Staff and the player **will** improve their game! Futsal included.

SKILLS is a *train when you can* additional opportunity for players currently not playing at the Red level.

Take your game up a notch!

AGT

Program	Day	Time	Location	Dates	No Training	# of Sessions
AGT	Sundays	840-950pm	EPHS Dome	1/5 – 3/22	2/2	11 Sessions
Included in Member Fees						

SKILLS

Day	Time	Location	Dates	No Training	# of Sessions
Tuesdays	720-835pm	EPHS Dome	1/7 – 3/24	N/A	12 Sessions
Thursdays	7-8pm	EPHS Dome	1/9 – 2/27	N/A	8 Sessions
Fridays	740-9pm	CMS	1/10 – 3/20	3/13	10 Sessions
Registration Opens November 1st					

2001 - 2005 Player - Curriculum Overview

Players will be sent a detailed electronic session plan of all sessions.

1. AGT Programs:

a. **AGT (Age Group Training)** technical training sessions that will challenge and develop the individual. The overall philosophy is to develop the individual and, in time, that will improve the team.

2. **SKILLS Program** - SKILLS training led by experienced Staff and Trainers. Fine tune your current skills and add new ones through lots of small sided games, touches on the ball, and high-tempo, competitive action.

a. **Futsal** - Small sided games that encourages lots of touches, quick decision-making, transition, creativity, close control and high tempo action as well improving fitness. Held at Central Middle School (CMS)

[Click Here](#) to register for Winter 2 SKILLS

