Registration for Metro United winter training will be available in November.

Metro United winter indoor training is now open to all K-11th grade home-schooled soccer players.  The sessions are led by Metro United coaches and consist of soccer fundamentals, techniques, and scrimmaging.  The training is 10 weeks on Fridays in January-March.  Please note that we moved the younger players to an earlier time, so we can accommodate more older players.

**K-5th Graders**Players are separated into age groups (K-2nd and 3rd-5th). The training session consists of 60 minutes of technical skills and scrimmaging.  The younger group will also include playtime/games that incorporate soccer skills.

Who: K-5th grade Homeschool students

Time: 12:30-1:30 pm

When: Fridays, Jan 12th - March 29th (10 weeks) (no training on 1/19 and 3/8)

Where: Braemar Soccer Dome - 7509 Ikola Way, Edina, MN 55439

Cost $100 ($15 late fee starting Dec 15th)

* Coaches: Dirk Spitznagle and Anna Holtman
* Maximum Participants: 32 players

**6th-11th Graders**The training session consists of training and scrimmaging. Players are divided into training groups focusing on soccer fundamentals, techniques, and tactics. (NOTE: Groups will be separated by age and skill level. Younger grades may be separated into a co-ed group).

Who: 6th-11th grade Homeschool students

Time: 1:30-3:00 pm

When: Fridays, Jan 12th - March 29th (10 weeks) (no training on 1/19 and 3/8)

Where: Braemar Soccer Dome - 7509 Ikola Way, Edina, MN 55439

Cost $140 ($20 late fee starting Dec 15th)

6th-11th grade Boys Coaches: Bruce Temte, Craig Harrison, Dirk Spitznagle
\* Maximum Participants: 60 players

6th-11th grade Girls Coaches: Parvin Nandos and Anna Holtman
\* Maximum Participants: 22 players