



ADVANCED PRIVATE WINTER SOCCER PROGRAM

Soccer Training Program Created To Help Guide Those Who Want To Be A More Complete Player

Only soccer training program that is designed to challenge each player Technically, Tactically, Athletically & Physiologically

“Designed for those Players who want more”

“ADVANCED PRIVATE WINTER SOCCER PROGRAM”

“The best preparation to be better tomorrow is doing your best to prepare today”

2026 - 2027 Advanced Soccer Program Details:

Cost: \$465.00 (16 2-hour sessions)

When: Wednesdays (December 2, 2026 - March 31, 2027 ~ No session on 12-30-26 & 2-17-27)

Time: 4:00-6:00 PM

Ages: Grades 5/6, Grades 7/8, High School (Boys & Girls)

Our program is split into 3 age groups - not by gender

Maximum Participants per group: 15 players.

Location: NE Premier SportPlex, 199 Newbury Street (Route 1), Danvers

Our Goal: Challenge each player with a *combination of individual skills (technique component), physical fitness (physical component), strong will (psychological component), and decision-making every time the ball moves (tactical component).*

Conclusion: A combination of ball work, focused agility, and conditioning will help develop our athletes into better soccer players.

[Space is limited, so if interested, please REGISTER now.](#)

About Us

The goal of First Touch Soccer Skills is to provide a quality soccer training program to advanced players who want more. We offer a variety of on- and off-the-ball training components, which results in greater athleticism through a true path of development. Other soccer training opportunities focus primarily on ball work (soccer-specific). The First Touch Soccer Skills **“Advanced Private Program”** adds what most other training programs miss: **building a stronger, more durable athlete**. Building a stronger athlete will help create a better soccer player. By combining these components, along with our passion for the game and commitment to our players, First Touch Soccer provides a program ideal for most players. This program is designed not only to develop technique, but also to enhance athletic ability and create smart players. Quality training sessions in a competitive environment develop the whole athlete: **body, mind, and will!** Athletes today are burning out, seeing an increase in injuries, and are more stressed by the demands of the current model that programs are placing on our children. We want our children to play this great sport, but we also want them to continue to excel at soccer and use it for all the benefits it provides. There is a better way: develop our children as both athletes and players. First Touch Soccer Skills recommends consistent year-round soccer training, but also encourages these young athletes to participate in other activities & sports which will help naturally develop other muscles and joints not used in soccer.

Why This Program Works:

The biggest cause of the increase in youth injuries today is the year-round participation in a single sport. Years ago, young athletes all played pick-up &/or multiple sports. Basically, young athletes years ago were cross-training year-round. Today, many athletes (and/or their parents) want to specialize and focus on one sport. Minor muscle imbalances or dysfunction are now much more likely to lead to an overuse injury or even an ACL tear. There is a way to reduce these statistics for all athletes... and that is to step away from the ball a little, avoid overtraining, and build the body.

This program gives your child an off-season development opportunity on and off the ball; it provides a more economical option for additional training; and it offers a higher level of training with less time commitment than other programs. Most of all, it will allow your child to participate in other activities, which is crucial at the younger ages for proper mental and physical development.

We put players in pressure situations so they get more comfortable with the ball at all times. All sessions include conditioning (with & without ball), technical ball work & tactical training to build soccer-specific concepts through more game-like situations (small-sided games). Small-sided games provide each player with more touches on the ball in pressure situations.

What Does Our Program Look Like?

Soccer Training Sessions (On Ball):

The training sessions are designed to challenge each individual player technically and tactically. All sessions focus on maximum individual touches and proper technique.

- Our goal is for players to improve their command of the ball, telling the ball what to do faster, on the ground and in the air. "Not the ball controlling you".
- Create more explosive players by concentrating on the first touch and speed of control.
- Help players read the game with proactive movement to get into position faster: "Thinkers."

First Touch Soccer Skills offers numerous activities which help further enhance each player's speed of play. When we talk about speed of play, we mean speed of mind. Teaching players to recognize visual cues helps them be more creative on and off the ball. This all has to do with speed of play, speed of mind, and instinctively knowing what to do offensively and defensively in all situations.

Agility / Strength Training Sessions "With & Without Ball"

Soccer is a high-intensity impact sport with lots of change of direction, pivoting, sprinting, jogging, and battling opponents to win the ball. The sport requires touches on the ball, so players control it with speed, which creates time and minimizes both the risk of battling an opponent & the risk of injury. This sport also requires strength, agility, quickness, balance, flexibility, explosive power, and aerobic training. Incorporating these components into training sessions will help prevent common injuries in the game such as ankle sprains, knee sprains & tears, back & spine decompression, hamstring & groin pulls, and of course head concussions.

A strong athlete becomes a better player!

- Each Session will focus on coordination, agility, quickness, sustained speed, explosive power, and functional strength. We will focus on joint movement, balance, core, and muscle flexibility.
- Mobilization and activation: we will focus on how joints move and muscle flexibility. Significance for a soccer player: If a hip joint does not move correctly, the knee joint will have to compensate, often resulting in a significant knee injury, especially under impact.
- Confidence: All sessions will be designed to push each athlete to meet their maximal potential. Sometimes young athletes need a boost and to be pushed out of their comfort zone in order to reach the next level. We recognize that the mental side of training is often the most important piece of an athlete's career. We will work to make each athlete believe in herself and want to excel.

First Touch Skills Program has no affiliation to an soccer clubs or select programs.

Space is limited, so if interested, please REGISTER now.

REGISTER AT <https://www.ecyfl.org/program/winter-advanced-training/15099>

For more information, contact: firsttouchskills@gmail.com

If you request a refund for any reason, we will prorate it and charge a \$25.00 cancellation fee to cover administration & transaction fees.