



# GIRLS HIGH SCHOOL SKILLS & CONDITIONING SUMMER SOCCER TRAINING PROGRAM

Since 2014 we have offered a 6 week Summer Training Program for High School Girl Players who are looking to improve their game, get in shape and be better prepare for the 2025 High School Soccer Season.

All players will be challenged (*Technically, Tactically, Physically & Psychologically*) to reach beyond their personal goal, each week we will focus on maximum touches on the ball, movement with & without the ball, soccer fitness & conditioning and Small sided game play.

Why small sided game play? Small sided game play will help develop great ball skills (1<sup>st</sup> Touch), explosiveness, quick decision making, player creativity and instinctive movement on and off the ball.

### Off the ball training sessions:

- Sessions will focus on coordination, agility, balance, quickness, sustained speed, explosive power, and functional strength, significant for a soccer player.
- All training sessions will be designed to both push and pull each athlete. Sometimes young athletes need a boost and sometimes they need to be dragged out of their comfort zone.

### On the ball training sessions:

- All sessions will consist of lots of touches "repetition". The technical component of the game, you the player telling the ball what to do.
- Our goal is for all 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"
- Help create more explosive players by concentrating on the first touch, speed of control & speed of mind.

## PROGRAM DETAILS

**Start date:** Monday - July 7, 2025 / **End date:** Thursday - August 14, 2025

**Location:** Gates Field, Danvers

**Program cost:** \$135.00 (less than \$7.00per hour)

|                             |  |                               |  |
|-----------------------------|--|-------------------------------|--|
| Monday<br>At<br>Gates Field | Warm up, Conditioning,<br>Technical Ball Skills & Small sided<br><b>4:20pm to 6:00</b> | Thursday<br>At<br>Gates Field | Warm up, Conditioning with ball<br>Tactical topic & Small Sided<br><b>4:20pm to 6:00</b> |
|                             | 7-7, 7-14, 7-21, 7-28, 8-4, 8-11   |                               | 7-10, 7-17, 7-24, 7-31, 8-7, 8-14  |

To register please visit <https://ecyfl.sportngin.com/register/form/024473243>

click on the registration link and then select 2025 High School Girls Summer Program

For more information please contact: [firsttouchskills@gmail.com](mailto:firsttouchskills@gmail.com)

If for any reason you request a refunded your refund will be prorated and you will be charged a \$25.00 cancelation fee to cover administration & transaction fees