NORTHERN NY ACADEMY
2015 -2016
SEASON OUTLINE

Program Outline

The program is designed for players and teams who want to continue their soccer development. The focus is individual technical training.

The sessions will provide:
60% Technical
20% Functional Training
15% Conditioning and Fast Feet
5% Competition

All players and teams are welcome. Please join us if you are a committed soccer player looking to grow you individual touches and tactical awareness of the game.

22 Training Dates

December 2015:
Sunday 6th, 13th, 20th
Wednesday 9th & 16th

January 2016:
Sunday 10th 24th 31st
Wednesday 6th 20th 27th

February 2016:
Sunday 7th 28th
Wednesday 3rd 10th 24th

March 2016:
Sunday 6th 13th 20th 27th
Wednesday 2nd 16th

Optional: Futsal 4v4
February 7th & March 6th

Pay as you go!

$10 per session

$50 non refundable deposit

Due by November 23rd

** The deposit will be applied towards your last (4) training sessions.

(March 13th, 16th, 20th, 27th)

Uniforms will be purchased by individual families via our online store, or use last years uniform.

4v4 Futsal Tournament

4 v 4 format with GK
20 minute games
3 games
Dates: February 7th & March 6th

Free to all Academy members who attend 75% of the training sessions. (8 and 16 sessions)

$10 per player
**Make your own teams

★ **Register by November 23rd**

Questions?
Email Chris Pacilio at Cpacilio1@gmail.com

Training Day Timeline

Sunday Training Times:

Ages 9-12   B&G 11am-1pm
Ages 13-17 B&G 1pm-3pm

Wednesday Training Times:

Ages 9-12   (B&G) 6pm
Ages 13-14   (B&G) 7pm
Ages 15-17   (B&G) 8pm

**All Training will be held at Indian River Central, Philadelphia, NY
To Register: Go to www.nnyysl.com: Go to the Academy tab for details!**