



# NORTHERN NY ACADEMY

## 2016 -2017

### 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. Youth players, travel players, Varsity or JV players, or players heading off to college and want touches on the ball. Please join us if you are a committed soccer player looking to grow your individual touches and tactical awareness of the game.

United States Soccer Federation (USSF) licensed coaches run and design the training sessions.

### 21 Training Dates

#### December 2016:

Sunday: 11<sup>th</sup> & 18<sup>th</sup>  
Wednesday: 7<sup>th</sup> 14<sup>th</sup> 21<sup>st</sup>

#### January 2017:

Sunday: 8<sup>th</sup> 22<sup>nd</sup>  
Wednesday: 4<sup>th</sup> 11<sup>th</sup> 18<sup>th</sup>

#### February 2017:

Sunday: 5<sup>th</sup>  
Wednesday: 1<sup>st</sup> 8<sup>th</sup> 15<sup>th</sup>

#### March 2017:

Sunday: 5<sup>th</sup> 26<sup>th</sup>  
Wednesday: 8<sup>th</sup> 15<sup>th</sup>  
22<sup>nd</sup> 29<sup>th</sup>

#### April 2017:

Sunday: 2<sup>nd</sup>

### Pay as you go!

\$10.00 per session

**Only pay for the sessions you attend**

**\$65.00 non-refundable deposit**

**\*\*Due by November 28th**

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

March 22<sup>nd</sup> 26<sup>th</sup> 29<sup>th</sup>  
April 2<sup>nd</sup>

**Training Kit/Shirt:**

Cost is \$10.00

**\*\*Due at the first training session.**

#### Sunday Training Times:

Boys & Girls: Ages 8-12 11:30 am - 1:30 pm  
Boys & Girls: Ages 13-18 1:30 pm - 3:30 pm

#### Wednesday Training Times:

Boys & Girls: Ages 8-12 6:00 pm - 7:30 pm  
Boys & Girls: Ages 13-18 7:30 pm - 9:00 pm



**Register by November 28, 2016**

Please mail your non-refundable deposit to:

NNYSSL, 13 Antwerp Street, Philadelphia, NY 13673

Any questions, please contact Chris Pacilio: Cpacilio1@gmail.com

**All training will be held at Indian River Middle School gym, Philadelphia, NY**  
**To Register: Go to [www.nnyssl.com](http://www.nnyssl.com): Go to the Academy tab for details!**