

ADVANCED SOCCER SKILL TRAINING



E.C.E.S ADVANCED SKILL TRAINING improves the player's technical aspects while assisting the individual in building a greater repertoire of technical skills. Our focus is to develop the technical aspects within a more complex soccer environment. Technical components such as ball handling, distribution, running with the ball, 1st touch, dribbling etc. is essential to the development in creating the two-footed player.

When developing the necessary techniques, the correct repetitive movements are essential to the player's body positioning and reaction (training the eye - brain - body co-ordination will assist the individual in his/her decision making). Our functional training method while developing the player's technical skills, include the tactical (position specific), mental (confidence-decision making) and physical (speed, balance, co-ordination etc.) elements, which are trained together.

A complex progression of training will include: 1 v 1 situations (ball control, dribbling, decision making/reaction), receiving (creating space, body positioning) protecting the ball while under pressure (body positioning/control/strength), distribution (communication, eye contact/awareness, timing and tempo of pass) dribbling while speed (ball handling/decision making/speed/awareness).

North

1630 Old Deerfield Rd,
Highland Park, IL 60035

TIMES

6-7 & 7-8 pm



South

The Max at McCook
4750 Vernon Street
McCook, IL 60525

TIMES

8-9 & 9-10 am

Date: Every Sunday morning and evening starting Sunday **January 7**

Cost: \$ 40 per session (participants are required to register for a minimum of 8 sessions)

Training sessions are constructed in small groups where limited spots are available.