



WINTER @ VA RUSH

FUTSAL | STRENGTH CONDITIONING | TRAINING

VA RUSH HAS SOMETHING AVAILABLE
FOR ALL AGES & ALL SKILL LEVELS

REGISTER ONLINE NOW VARUSH.COM

Winter Training at the Rave Indoor Facility



Want to improve your soccer skills? Register today!

Register Today: [Winter Training at the Rave Indoor Registration](#)

Two 5 week sessions Boys and Girls All levels

Professional training by School of Excellence Coaches and Competitive Team Staff.

Fee: \$95.00 per 5 week session

Ages 5-12

The foundation of our training philosophy is ball mastery. These winter programs are for players who want more soccer opportunities and more touches on the ball. The focus on footskills, core

training and skill-building activities for U6- U12 players. Players should come dressed in dark shorts and socks and their Rush t-shirt, and should bring their own water bottle and properly inflated soccer ball. U6-U8 size 3 ball U10-U12 size 4 ball.

FUNdamentals for U6 players is designed to enhance the soccer skills and knowledge base of the developing player, while have in fun and learning through play and developmentally appropriate activities. Focus on the basics of individual development with significant work on movement patterns, ball familiarity, fun and enjoyment. Players will gain an understanding of basic techniques (dribbling, ball control, ball striking) in unopposed settings, experience of 1v1 play in opposed settings alongside some small sided games.

U8

Fundamentals for U8 is designed to enhanced the soccer skills and knowledge base of the developing player, while have in fun and learning through play and developmentally appropriate activities. This is now moving players from a me to US mentality also. Progression from the U6 age group with a more detailed focus on developing an individual?s technical abilities including the addition of several other techniques including 1v1 moves, turns, passing & receiving and shooting. Players will also gain further experience in 1v1 setting and small sided games with creativity and individual success a primary focus.

U10

Fundamentals U10 Designed to enhanced the soccer skills and knowledge base of the developing player, while have in fun and learning through play and developmentally appropriate activities. Further progression from the U8 age group with a significant focus on the refinement of any individuals technical ability in opposed settings i.e. 1v1 versus a defender or in small sided games. Players will be given much more experience in tactical and game like settings (1v1, 2v1, 2v2 etc), with significant time spent on game intelligence (decision making) and game management (when to attack/when to defend). Players will be taught an understanding of playing with other players, collaborating in attack and defense, teamwork and communication.

U12

A detailed progression from the U10 age group with significant work on game situations including 1v1, 2v1, 2v2, 4v3, 4v4, 5v5 scenarios. Technical development and refinement will still be present but the focus of these age groups is the development and refinement of game intelligence, game management and game understanding with the introduction of areas

U14-19

A detailed progression from the u12 age group with significant work on game situations including 3v2, 3v3, 4v3, 4v4, going up to 7v7 scenarios. Technical development and refinement will still be present but the focus of these age groups is the development and refinement of game intelligence, game management and game understanding. There will be a focus on small group tactics including defense and attack and how to incorporate others units.

Session 1:

Winter Indoor

Created on Monday, 01 October 2012 11:53

<u>Age Group</u>	<u>Dates</u>	<u>Time</u>	<u>Location</u>
U6 Boys and Girls	Jan. 21, 23, 28, 30 and Feb. 6	5:00pm - 6:00pm	RAVE Soccer Complex
U8 Boys and Girls	Jan. 20, 21, 26, 27 and Feb. 2	5:00pm - 6:00pm	RAVE Soccer Complex
U9/10 Boys and Girls	Jan. 20, 21, 26, 27 and Feb. 2	6:00pm - 7:00pm	RAVE Soccer Complex
U11/12 Boys and Girls	Jan. 22, 23, 29, 30 and Feb. 6	5:00pm - 6:00pm	RAVE Soccer Complex

Session 2:

<u>Age Group</u>	<u>Dates</u>	<u>Time</u>	<u>Location</u>
U6 Boys	Feb. 4, 11, 18, 25, Mar. 4	5:00pm - 6:00pm	RAVE Soccer Complex
U6 Girls	Feb. 4, 11, 18, 25, Mar. 4	5:00pm - 6:00pm	RAVE Soccer Complex
U8 Boys	Feb. 3, 10, 17, 24, Mar. 3	5:00pm - 6:00pm	RAVE Soccer Complex
U8 Girls	Feb. 3, 10, 17, 24, Mar. 3	5:00pm - 6:00pm	RAVE Soccer Complex
U9/U10 Boys	Feb. 3, 10, 17, 24, Mar. 3	6:00pm - 7:00pm	RAVE Soccer Complex
U9/U10 Girls	Feb. 4, 11, 18, 25, Mar. 4	6:00pm - 7:00pm	RAVE Soccer Complex
U11/U12 Boys	Feb. 5, 12, 19, 26, Mar. 5	5:00pm - 6:00pm	RAVE Soccer Complex
U11/U12 Girls	Feb. 5, 12, 19, 26, Mar. 5	6:00pm - 7:00pm	RAVE Soccer Complex
U14/19 Boys	Feb. 3, 10, 17, 24, Mar. 3	6:00pm - 7:00pm	RAVE Soccer Complex