




2018 TITANS IGNITE PROGRAM YEARS 4-7

SOCCER TRIALS

OPEN TO **GIRLS
AND
BOYS**



DAY:	Wednesday 14 March 2018
TIME:	3:30pm – 4:30pm
WHO:	Students in years 4 – 7
WHAT:	IGNITE Soccer program – pathway to our High Performance Sports Program
WHERE:	Students are required to meet in the Barrie Holmes Stadium ready to start trials at 3:30pm sharp. Please be dressed in your PE uniform, with appropriate soccer boots, shin pads and please bring a water bottle. The trial will be held outside on the Aston field. Places are limited so players must attend the trial to be eligible.



THE IGNITE SOCCER PROGRAM OVERVIEW

The 15 week program is based on the Football Federation Australia National Curriculum. The program will focus on the Skill Acquisition Phase in particular developing the four core functional game skills when in possession of the ball:

1. Striking the Ball - This includes all forms of striking the ball such as short/long passing, shooting and crossing
2. First Touch- Controlling the ball with all allowed body parts.
3. 1v1- All moves, feints and accelerations to get past and away for an opponent. Defensive strategies and techniques.
4. Running with the ball- At speed (with a lot of space) or 'dribbling' (in tight areas), this includes techniques for protecting the ball and changing direction. The program will be capped off by an End of Year Tournament which families and friends will be invited to attend.

THE COACH

Nathan Fleetwood has 30 years' experience playing and 18 years' experience coaching soccer around the world and holds a current Football Federation Australia/ Asia 'C' Coaching Licence

FURTHER DETAILS

Sessions will be outside (weather permitting) **7:30am-8:30am**. First session begins Thursday 15 March 2018 and will run throughout terms 1 and 2. A full training schedule with dates will be provided to the successful students. Please note the cost of this 15 week program is \$100 which covers training sessions & opportunities for students and families to meet any guests to the College of the High Performance Sports Program. If you do not have a uniform from 2017, this will need to be purchased for \$55. Successful students will receive further information and uniform orders will be taken.

For more information, please contact Kate Exelby: exelk@tenison.catholic.edu.au or via phone 8724 4621.

