

2016 CYSA Pre Season Soccer Conditioning Program

When?

Session 1: July 6th, 13th, 20th, 27th (Wednesdays) from 6pm – 7:30pm
Session 2: August 1st, 3rd, 5th, 8th, 10th, 12th (M,W,F) from 6pm – 7:30pm

Where?

Canton High School

Who?

All U9-U15 players looking to improve fitness, prepare for the season and have a bunch of fun!

Needs?

Athletic attire, drinks and a positive attitude

Cost?

Session 1: \$40 **Session 2:** \$60
Both Sessions: \$80 (\$8 per session)

What you can improve and learn:

- Balance & Coordination
- Running Mechanics
- Strength & Conditioning
- Speed & Agility
- Mobility & Flexibility
- Kicking & Throwing Power
- Leadership
- Confidence
- Discipline
- Game Day Preparation
- Performance Strategies
- Problem Solving

To sign up, visit www.CantonSoccer.org

For questions, contact Registrar@cantonsoccer.org

Canton Youth
Soccer Association



Canton, Connecticut

