

One-On-One: The Critical Skill!



2012 SPRING

"FOG" PLUS

(Footskills, One-on-one Games and More)

Begins Friday, March 16

"The team that wins the majority of the individual duels in a game will win the majority of the games." – Anson Dorrance

Strong one-on-one skills are a huge asset for a soccer player. Just about every game situation includes individual attacking and defending.

1v1 play is at the heart of Coerver® training and instruction. Our "FOG" program is designed to focus on this particular, and essential, element of player development. The "Plus" is technical work on striking the ball with accuracy and power, something that is part of every session, and something that every player needs.

Each session's warm-up kicks off with footwork exercises to improve foot speed and comfort with the ball. Warm-ups will also focus on some of the dozens of ball moves that we teach at Coerver®.

Using those moves becomes a major component in the rest of the session. Different one-on-one games will be used to isolate specific elements of 1v1 play. Then we'll take one of those games and expand it to 2v2 and 3v3 – but always with an emphasis on the "individual option."

This is a five session program, more or less every other week, on Friday afternoons. It will be offered at two sites: Ft. Logan and the Kickers Clubhouse in Golden. It is open to players U9 and older, with or without prior Coerver® experience.

COERVER® COLORADO SPRING "FOG" PLUS SKILLS TRAINING APPLICATION

(you may also register on-line at www.coervercolorado.com)

PLEASE COMPLETE ONE FORM PER PLAYER

PLEASE PRINT

Player's Name _____ Date of Birth _____
Number of Previous Coerver® Camps Attended: _____ Year(s) _____
Street Address _____
City/State _____ Zip Code _____
Home Phone _____ Work Phone _____
Emergency Phone _____ Cell Phone _____
Email Address _____
Club and Team Name _____ Coach _____

Spring "F.O.G." PLUS SKILLS TRAINING PROGRAM

___ 5 Sessions, 6:00-7:30, Ft. Logan (3/16, 3/23, 4/13, 4/20, 5/4, 5/11-Make Up)

___ 5 Sessions, 6:00-7:30, Kickers Clubhouse, Golden (3/16, 3/23, 4/13, 4/20, 5/4, 5/11-make up)

Note: March 16 sessions begin at 5:00 PM

Registration fee of \$105.00 to accompany this application.

Please mail to Coerver Colorado, POB 4946, Englewood CO 80155 or Fax to # 303-838-9777.

Method of Payment: () Check: Please make check payable to: Coerver Colorado

Amount of Check enclosed _____ Check # _____

() Credit card accepted: ___ VISA ___ MC ___ Discover Expires: _____

Card Number _____

3-Digit Security Code _____

Name on Card _____

Card Billing Address _____

City _____ State _____ Zip _____

Please Print

Neatness Counts!

I hereby give permission for child/ward to participate in the Coerver® Colorado Spring "FOG" Plus Skills Training Program and agree to comply with all of its rules and regulations. I hereby remove the staff and management of Coerver® Coaching of Colorado LLC, t/a Coerver® Colorado Sports Programs from any liability for injuries incurred during my child/ward's participation in this soccer program. I have enclosed payment.

Parent's/Guardian's Signature _____ Date _____