

DELAWARE INDOOR TRAINING

FEBRUARY 2-MARCH 15TH 2012

ALL TRAINING WILL BE LOCATED AT SAHLENS SPORTS PARK
7070 SENECA STREET, ELMA, NY 14059-8907 **ON FIELD #5**
ORVILLE WILL BE AVAILABLE AT ALL TRAINING SESSIONS.

Saturday Training 8:30am-9:30am

TEAM/COACH	TRAINERS
U9 Girls/ Christine Roach	Jacek & Kayla
U10 Girls/TBA	Nick & Kelly
U-9 Boys/ Dennis Kemble	J.J.
U-10 Boys Hawks/ Peter Biehl	Kamil

Thursday Training 7pm-8pm

TEAM/COACH	TRAINERS
U13 Girls Gang Green/ Roan	J.J & Kayla
U-12 Boys Griffins / Gurmeet Dhillon	Jacek
U-13Boys Eagles/ Greg Jones	Kamil
U-14 Boys Bisons/ Tim Mathien	Nick

Saturday Training 9:30am-10:30am

TEAM/COACH	TRAINERS
U-11 Girls Shamrocks/ Andy Payne	Jacek & Nicole
U-12 Girls Devils/Mike Yarbrough	Kamil & Kelly
U-10B Boys/ Dennis Horrigan	Nick
U-11 Boys Rovers/ Mike Collins	J.J.

Thursday Training 8pm-9pm

TEAM/ COACH	TRAINERS
U15 Girls Bengals/Wendy Gioia	Nick & Kayla
U16 Girls Storm/ Mike Roach	Kamil & Nicole
U-15 Boys Green Hornets/ Phil Wilkins	J.J.
U-16 Boys Chargers/George Cotroneo	Jacek

- Saturday training dates are February 4th, 11, 18, 25, March 3rd, and 10th.

- Thursday training dates are February 2nd, 9, 16, 23, March 1st, and 8th.

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- **Goal Keeper Training will be held every other week. On February 16, March, 1, and 15th from 8-9 pm on the Boarded Field.**

Training is designed to keep players active with plenty of ball touches. Providing discipline, commitment and organization focusing on:

- Technique (agility/skill/speed)
- Technical drills
- Team shape
- Systems of play
- Motivational tactics
- Positional play
- Tactical work
- Mental Approach
- Nutrition/Fitness