

Golden Ball Soccer Academy/TTA Winter Soccer Training



2003-2010 Training Program

This program will include 8 Weeks of futsal training during the week. Players will be guided through coordination, footwork ball mastering, technical and tactical activities. Fee is \$140 which includes facility rental and professional staff.

1998-2002 Training Program

This program will include 8 weeks of futsal training. Players will be guided through ball mastering, footwork technical and tactical activities with addition of strength and conditioning. Fee is \$190 which includes facility rental and professional staff.

Goalkeeper Program

This program will develop proper technical skills including goalkeeper positioning, building into distribution, dynamic training group. Fee is \$180 which includes Facility rental and professional staff.

Training Schedule

| DAY/TIME | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|------------|--------------------|----------------------|--------------------|----------------|------------|
| 12-1pm | | | | | | COED 03-10 |
| 5:30-6pm | | Goalkeeper Advance | Goalkeeper Beginners | Goalkeeper Advance | | |
| 6-7pm | COED 08-10 | Boys 01/02 | COED 08-10 | Boys 01-02 | Girls 03-05 | |
| 7-8pm | COED 07-06 | Girls 98-00 | Girls 06-07 | Girls 98-00 | Boys 05-04 (A) | |
| 8-9pm | COED 03-05 | Boys 98-00 | Boys 03 | Boys 98-00 | Boys 05-04 (B) | |

Dates: Dec 12th-22nd 2016, Jan 2nd-31st and Feb 1st – 10th 2017

Winter Futsal League

The futsal league is available for players U8-U18 who want to take their game to the next level.

- Games will consist of 20-25 minutes halves.
- 5 players on the field at a time. Includes GK.
- Max. roster is 8 players.
- Teams are guaranteed 8 games.
- Players register individually and request a team.
- Fee is \$75 per player.
- Players registered in the training program receive a \$5 discount.
- Special discount for complete team sign in.

***SPECIAL DISCOUNTS FOR 2 OR MORE SIBLINGS OR PROGRAMS.**

Weekend Match Schedule

Saturday 2 P.M.-8 P.M.

Sundays 11 A.M.-6 P.M.

Dates:

December 10/11/17/18

January 7/8/14/15/21/22/28/29

February 4/5/11/12

For enrollments and more information visit our website at:

www.goldenballsocceracademy.com



All training and matches are held at:
BURNfit Athletics
 1984 Northgate Commerce Pkwy
 Suffolk, Va 23435

