



PSC LEGENDS INDOOR TRAINING FAQ

HOW IS THE 2016-17 PSC LEGENDS INDOOR PROGRAM ORGANIZED AND WHAT IS THE FEE STRUCTURE?

Our indoor training is a 5-month program running from November 1-March 30. Registered players will receive 2 90-minute training sessions per week Monday-Thursday from beginning to end excluding holidays. Additionally, registered players will be eligible for our club house league on Fridays. House league details will be available once registration has ended and based on total number participating.

The indoor training fee is \$250 for the 5-month program and can be paid in full or in 5 consecutive \$50 monthly installments-you can choose not to participate during a certain month(s), but payment will still be due in full for the 5-month program. This training program works out to approximately 3 hours a week over 22 weeks for 66 hours of training amounting to \$3.80 an hour or \$5.70 per training session---this approximation does not include the additional Friday night house league for which there is no additional charge. THIS IS BY FAR THE BEST VALUE IN THE CENTRAL ILLINOIS AREA.

WHAT IF I MY PLAYER IS NOT GOING TO PARTICIPATE FOR THE ENTIRETY OF THE PROGRAM FOR EXAMPLE HE/SHE PLANS TO START IN JANUARY?

The indoor training program is being presented as a 5-month program with a flat fee of \$250 regardless of number of training sessions attended or when a player begins attending. The fee can be paid in full or in 5 consecutive \$50 monthly installments-you can choose not to participate during a certain month, but payment will still be due in full. Players will still be charged during a month(s) of non-participation.

IS THERE A MULTI-PLAYER DISCOUNT?

Yes. There is a descending fee structure per player which is capped at \$500 total or \$100 per month. Players will still be charged during periods of non-participation.

- 1st Player- \$250 or \$50 per month amounting to \$250
- 2nd Player-\$125 or \$25 per month amounting to \$125
- 3rd Player-\$125 or \$25 per month amounting to \$125
- 4th Player+- FREE

HOW WILL THE PLAYERS BE ORGANIZED WITHIN EACH TRAINING SESSION?

Each 90-minute training session will consist of boys and girls players spanning 2-3 age groups. There will be 2-3 options per week per age group to assist in finding day/times that fit your busy schedules. The player make-up of each training session will be evaluated based on players' 1) year, 2) gender, and 3) experience so that 2-3 groups can be formed within the practice per these characteristics. These groups will rotate between varying stations throughout the training session.

HOW WILL MY PLAYER BE ABLE TO IMPROVE AMONGST OLDER AND YOUNGER PLAYERS AT THE SAME TRAINING SESSION?

The focus of our indoor program will be on the development of individual skills so each player will spend a significant amount of time carrying out activities with their own ball. Two-man partner and trio exercises will also

be common-ideally with players from their own team or age group, but dependent on those registered. Similar to the player development philosophy of US Soccer's new mandates for fewer players on the field in younger age groups (4v4, 7v7, 9v9) to provide players with more encounters with the ball in game situations, this will help maximize the number of touches on the ball for each individual which builds familiarity and leads to ball mastery. This is your player's chance to make a noticeable improvement in their individual game during the off-season so they can contribute to their team goals this spring.

HOW WILL TRAINING SESSIONS BE STRUCTURED?

Training sessions will include in-depth teaching of the technical skills of dribbling, passing, receiving, shooting/finishing, 1v1 attacking & defending, and small sided games emphasizing tactical applications like combination play, working the ball out of the back, and offense to defense transitions. Players will move through various stations including juggling-first touch, foot skills, speed & agility, 1v1, and small sided games of 2v2, 3v3, and numbers up/down scenarios. In March the theme of training will reflect a spring "pre-season" mentality with additional conditioning and sharpening of core technical skills so team coaches don't have to spend the first several practices re-tuning everyone back to the form they ended the fall with.

CAN MY PLAYER PARTICIPATE IN A SESSION OUTSIDE OF HIS/HER AGE GROUP?

There are permissible instances where players can attend a training session outside of their given age/group. Such situations include circumstances regarding siblings, car pool, and long term conflicts with other extracurricular activities. Any one-time or short term switches must be cleared first with DOC Jason Pena. We will do our best to provide a conducive training environment for "out of age" players, but they may struggle depending on skill level.

ARE THERE ANY ADDITIONAL DISCOUNTS OR WORK SCHOLARSHIPS AVAILABLE?

The club is holding a Candy Bar Fundraiser with sale dates from October 7-December 1 and money due the week of December 5. If a player sells 5 cases of 60 bars he/she will receive \$50 off their indoor training fee. See the club website for additional information. Contact club president Jerod McMorris about work scholarship opportunities.

WILL MY PLAYER'S COACH BE PARTICIPATING?

Team head coach participation is dependent on their availability; however, all coaches are highly encouraged to attend to track their players' attendance and progress. Participating coaches will have their fees waived in exchange for their assistance and be utilized in the same sessions as their team. Each training session will also serve as a coaching clinic for the staff as the club's new technical skills curriculum will be implemented during the program. Director of Coaching, Jason Pena, with 12 years of experience directing indoor training programs will oversee the practice planning, staffing, and execution of the indoor training program. *Your coach will be in communication with you about the days he/she will be working or if he/she will not be able to participate.*

WHERE WILL 2016-17 PSC LEGENDS INDOOR TRAINING BE HELD?

Our indoor program will be held at newly opened indoor facility THE YARD located at 1503 W Altorfer Dr, Peoria, IL, 61615. Visit their website at theyardpeoria.com. Cleats, turf shoes, or indoor shoes are all ok to wear.

