

# Soccer ABC • Adult Boot Camp

For Men & Women



*Meet players looking to form teams*

*Get a great, fun workout*

*Improve your skills*

*Drop-ins welcome*

## CURRICULUM:

- Ball Control 1 – controlling the ball with both feet
- Dribbling – movement with the ball
- Passing – using both feet, inside/outside of the foot, laces
- Ball Control 2 – first touch receiving, ball control using body
- Shooting – develop accuracy and power
- Attacking 1 – dribbling and shooting
- Defense 1 – defending the attack
- SAQ – speed, agility and quickness
- Attacking 2 – attacking with numbers
- Defense 2 – defending as a unit

## REQUIRED EQUIPMENT:

- Flat soled or turf indoor soccer shoes, or tennis shoes
- NO outdoor cleats permitted
- Shinguards must be covered by long socks

## SCHEDULE:

Mondays : 7:30pm - 8:30pm

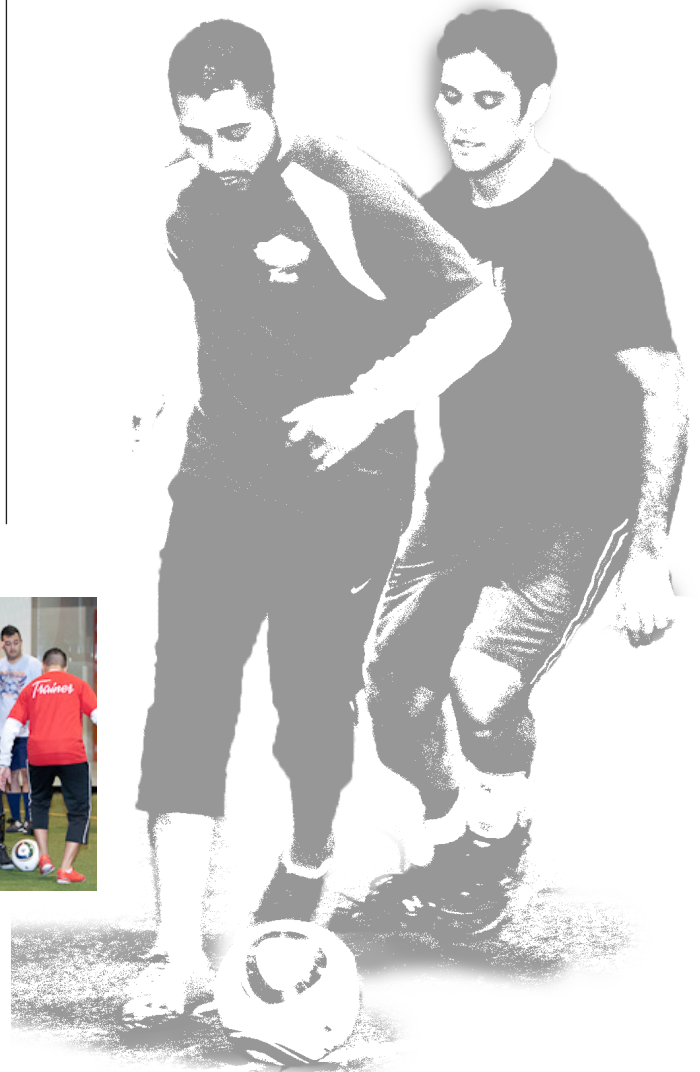
Wednesdays: 6:30pm - 7:30pm

## COST PER CLASS:

\$15 Member; \$20 Non-Member

## REGISTRATION:

Sign up for all 8 weeks of classes or just drop-in. Register at the soccer check-in desk, call 408-224-8774 or fill out the online form on our web site.



Striker's Den at Silver Creek Sportsplex  
Mailing address: P.O. Box 32379, San Jose, CA 95153-3279  
Physical address: 800 Embedded Way, San Jose 95138  
Soccer desk: 408.224.8774 • info@gotoplex.com

[www.GoToPlex.com](http://www.GoToPlex.com)

