



PSC LEGENDS INDOOR TRAINING FAQ

HOW IS THE 2017-18 PSC LEGENDS INDOOR PROGRAM ORGANIZED AND WHAT IS THE FEE STRUCTURE?

Our indoor training is a 5-month program running from November 6 - March 30. Registered players will receive 2 90-minute training sessions per week Monday-Thursday from beginning to end excluding holidays. For the upcoming 2017-18 indoor training season, the Yard and Peoria Soccer Club will be upgrading the field surface to a new state-of-the-art model allowing players of all ages to wear cleats and enjoy a softer surface just like the Major League Soccer Teams. Last year's inaugural program in conjunction with Summer Skills School and the Fall Pre-season camp are the key to the club's recent unprecedented competitive success. In the spring and fall of 2017 PSC has earned more than double its previous tally of 1st and 2nd place tournament awards.

The indoor training fee is \$325 for the 5-month program that can be paid in full or in 5 consecutive \$65 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. **THIS IS EASILY THE BEST SOCCER TRAINING PACKAGE VALUE IN THE 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 \$325 regardless of number of training sessions attended or when a player begins attending. The fee can be paid in full or in 5 consecutive \$65 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 similar to that of a gym membership agreement.

IS THERE A MULTI-PLAYER DISCOUNT?

Yes. There is a descending fee structure per player which is capped at \$625 total or \$100 per month. Players will still be charged during periods of non-participation. When registering for the multi-player family discount, select the pay-by-check option to be invoiced correctly by treasurer Steve Wicker. Any questions regarding payment should be addressed to swicker@peoriasoccerclub.org.

- 1st Player - \$325 or \$65 per month
- 2nd Player - \$175 or \$35 per month
- 3rd Player - \$125 or \$25 per month
- 4th Player - FREE
- 2010 & 2011 Birth Years - \$250 or \$50 per month

HOW WILL THE PLAYERS BE ORGANIZED WITHIN EACH TRAINING SESSION?

Each 90-minute training session will consist of boys and/or girl players spanning 2-3 age groups (see schedule). There will be 2 trainings per week per age group. 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.

WILL MY PLAYER BE ABLE TO IMPROVE PLAYING WITH OLDER & YOUNGER PLAYERS AT THE SAME TIME?

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; this being achieved ideally with players from their own team or age group, but dependent on those registered. This will help maximize the number of touches on the ball for each individual which builds familiarity and leads to ball mastery in similar fashion to the player development philosophy of US Soccer's new mandates for fewer players on the field in younger age groups (4v4, 7v7, 9v9) aiming to provide players with more encounters with the ball in game situations. 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 OR HER AGE GROUP?

This year's program is focusing more on team training by age group so any players wishing to take part in a training session that is different from their assigned age/team schedule will need to be cleared by DOC Jason Pena. There are permissible instances where players can attend a training session outside of their given age group, but these are first evaluated based on the registration capacity. If such a request is granted, we will make the best effort to provide a conducive training environment for "out of age" players, but they may struggle depending on skill level if playing up. If playing down, they may be less likely to receive the age appropriate training targeted.

ARE THERE ANY ADDITIONAL DISCOUNTS OR WORK SCHOLARSHIPS AVAILABLE?

Contact club president Jerod McMorris at jmcmorris@peoriasoccerclub.org 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. 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 they will be working.*

WHERE WILL 2017-18 PSC LEGENDS INDOOR TRAINING BE HELD?

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