



Young Americans Winter 2021

U7 - "Kickers"

Americans Soccer Club, in cooperation with the USR Rec Commission, is proud to announce the Winter 2021 training and development program for the U7 Kickers!



- ✓ Program curriculum developed by Director of Coaching Ben Elliott
- ✓ High level training with experienced & licensed training professionals
- ✓ Develop the most important soccer skills at an early age

U7 Kickers' 10 Week Training Program

Boys & Girls born in 2014

- ✓ 1 hour training sessions held weekly 4-5pm Wednesdays from January 5th-March 9th @ The SuperDome in Waldwick
- ✓ Program Goals:
 - ✓ Gain confidence, maintain creativity & instill a love of the game
 - ✓ Learn and develop effective skills to improve individual ability
 - ✓ Burn off energy through age-appropriate physical exertion
 - ✓ Transition to more scrimmage-related sessions to prepare for next years' U8 Travel Program
- ✓ All players receive official game Americans Soccer Club Logo t-shirts



For more information or to **Register Now! Space is Limited!**
visit <http://www.americansoccerclub.org/page/show/3900838-u7-kickers>