

AVILA SOCCER FALL SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10:00						Ages 5-7
10:00-10:45	Little Dribble	Little Dribble	Little Dribble	Little Dribble		Shooting Mechanics Ages 5-7
10:45-11:30	Little Dribble (11:00-11:45)	Little Dribble (11:00-11:45)	Little Dribble (11:00-11:45)	Little Dribble (11:00-11:45)		Shooting Mechanics
11:30-12:15						Weekend Scrimmage
12:15-1:00	Little Dribble (12:00-12:45)	Little Dribble (12:00- 12:45)	Little Dribble (12:00-12:45)	Little Dribble (12:00-12:45)		Private Lessons (12:00-1:00)
1:00-1:45						Private Lessons (1:00-2:00)
1:45-2:30						Birthday Parties Available
2:30-3:15						
3:30-4:15	Privates available Discounted rate	Privates available Discounted rate	Privates available Discounted rate	Privates available Discounted rate	T&C Player Tune-up Day	
4:15-5:00	Ages 5-7	Ages 5-7	Shooting Mechanics or Dribbling	Dribbling or Shooting Mechanics	Ages 5-7	
5:00-5:45	Ages 8-11	Scrimmage Class	Team Training	Scrimmage Class SOLD OUT	Ages 8-11	
5:45-6:30	Shooting Mechanics or Dribbling	Team Training – <u>SOLD OUT</u>	Team Training	Shooting Mechanics or Defending	Team Training – <u>SOLD OUT</u>	
6:30-7:15	Team Training- <u>SOLD OUT</u>	Ages 8-11	Ages 8-11	Team Training <u>SOLD OUT</u>	Ages 8-11	
7:15-8:00	Ages 10-12	Defending or Dribbling	Shooting Mechanics or Defending	Ages 10-13	Ages 11-15	
8:00-8:45	Ages 12-15	Ages 12-15	Ages 12-15	Ages 12-15	Scrimmage Class Late	
8:45-9:30	Scrimmage Class Late	Co-Ed Adult	Co-Ed Adult	Scrimmage Class Late		

**Don't get
NUTMEGGED**

Eryck



We're running out of space quickly, so call Coach Eryck at (512)363-7992 for availability and sign up soon!
 SEVERAL SPOTS ARE ALREADY SOLD OUT

EARLY REGISTRATION DEADLINE: FRIDAY JULY 16TH

Mark your calendars, Fall Schedule begins Monday August 30th

A typical month of once-per-week lessons at Avila Soccer costs \$94. Children under 8 pay \$49 per month, and adults in our co-ed groups also pay \$49 per month. However, there are many ways to save money through Season Passes, Specials, and more. **Many people pay for two months up front, which is the minimum length SEASON PASS (see grid).** Of course, come in for a Free Training Session before you make a decision.

****Fall Season Passes include FREE specialty classes, you can pick and choose a different specialty class each week.**

Save Money

Season Passes	Price	Unit Price	Savings
2 Months	\$188	\$23.50	*
4 Months	\$349	\$21.81	* \$27
6 Months	\$499	\$20.79	* \$65
9 Months	\$749	\$19.97	* \$97
1 Year	\$899	\$18.72	* \$229
Ages 5-7: nearly HALF PRICE on all packages and specialty classes are included!			

Avila Soccer Fall Semester Programs

To learn more about programs and pricing see our **CLASSES TAB** at www.avilasoccer.com

Scrimmage Class

Check out our latest and greatest product. A resource for motivated players who need to learn to pull it all together during high-stakes moments. Sometimes the game is the best teacher! Avila Soccer now offers a **Scrimmage Class**. This unprecedented product will feature not one but *two full-time Avila Soccer staff members at once acting as on field captains* scrimmaging alongside players selected for the program (the format will be four against four with a coach on either team).

Specialty Skills

Please note this year, due to popular demand, specialty classes will alternate each week so that everyone can be exposed to more than one specialty without changing their schedule.

Join us for an amazing opportunity to learn specialty soccer skills that will enhance your level of play and make you more effective on the field! Our *à la carte* classes are designed to fill in the gaps where your current skills are lacking, making you a better, more valuable player all around.

Shooting Mechanics Clinic

A 45-minute class specializing in shooting anatomy. We'll deconstruct and review every aspect of shooting in detail: visualization, approach, plant foot positioning, setting the frame, angle of release, turning radius, rotary momentum, follow-through and critical velocity. Only \$35 for 2 sessions.

Dribbling Is An Attitude

A 45-minute specialty class for any skill level focused on showing players how to take the responsibility for attacking and penetrating versus a mentality of passing the ball off. Only \$35 for 2 sessions.

No Fear Defending

A 45-minute specialty class that teaches defending tactics, techniques and attitudes. Players will gain clarity on notions such as jockey and delay, stabbing at the ball, shepherding, foot and hip positioning, aggressive/assertive play, decision making, and yes, even slide tackling—using our state-of-the-art 12"thick dive mat. This class is a must for kids who don't "get it" and for players who are ready to accept the responsibility of contributing when they are not actually in possession of the ball.

Little Dribble™

Welcome to Little Dribble™, the Avila Soccer program for children 2-5 years old. This high quality weekly training program uses the Avila Method™, a unique methodology tailored to the needs of young athletes. The use of a small indoor turf allows maximum action, quickens the pace of training, forces development of reaction skills, and encourages creativity. And while many classes often resemble non directed play therapy, lesson plans are indeed designed to sneak in timing, motor skills, and even tactical awareness.

Little Dribble™ prepares your little ones for success through a two-pronged approach of awareness and education while offering a superior program that can be delivered throughout the entire season.

Children small group classes are the Avila Soccer hallmark signature product look for common age brackets (i.e. ages 5-7, ages 8-11, ages 12-15, not to mention co-ed adult).

Our 45-minute lessons include: fitness with the ball, deconstruction of moves and tricks, tactical awareness, scrimmaging and confidence building. Many of the drills are interactive rather than solitary. Kids are encouraged to be assertive and make suggestions about the format and progression of the sessions. We don't use the traditional autocratic/dictatorial style, we use a participative/democratic model.

Private Lessons

Private lessons, for some children, are a better way to deliver skills training. The 1-1 or 1-2 ratio allows the instructor to do two things that are limited in larger sessions: the trainer can stop a session for the purposes of deconstructing a particular move, skill or trick. Because there is only one athlete (or possibly two) to guide, the trainer can still keep that athlete's heart rate up.

Usually instruction and heart rate trade off in larger groups because the instructor has to consider group dynamics

T&C

As a token of our appreciation for T&C, Avila Soccer now offers a Friday afternoon tune-up class. This is a FREE skills training session using the Avila Method - open to any T&C registered soccer player. Be sure to bring your own ball. The only way to register for the class, is to just state your request to attend by emailing Coach Eryck through the website, www.avilasoccer.com.

You can only register for one class at a time. We will only confirm the first 20 T&C players to email.

Team Training

Hey Coaches: Have your team practice at Avila Soccer one day per week in lieu of one of your regularly scheduled outdoor practices! Avila Soccer offers a specially discounted training program for teams interested in augmenting their in-season training. This high quality weekly training program uses the Avila Method™, a unique methodology tailored to the needs of young athletes. The use of a small indoor turf allows maximum action, quickens the pace of training, forces development of reaction skills, and encourages creativity. We also offer specialized keeper training for your team's goalkeepers. We limit our role to training, leaving game-day responsibilities to a team's coaches. We provide coaches with a professional training resource for their teams.