



SOCCKER {in-door} PROGRAM:

Please contact info@academyUSA.com to inquire and register for programs.

SOCCKER SKILLS DEVELOPMENT CLINIC:

TOCA:

A. BALL CONTROL AND FOOTWORK CLINIC:

Work on your touch and ball control in game-like environments, from tight spaces to open field. Learn how to control any type of pass with your first touch, full instep drive, inside curl and outside swerve, penetrating by dribbling, rotation shooting, mobility, and winning the 1V1 vs the keeper.

B. SOCCER SPEED AND AGILITY:

Soccer Speed & Agility athletes will receive professional training complemented by top-of-the-line equipment. This class focuses on developing the speed, agility, quickness, balance, coordination and proprioception needed to play soccer.

C. STRIKER CLINIC:

This clinic is designed to enhance attacking skills and fundamentals. Players will learn fundamentals and advance skills needed to become effective strikers and/or attacking players, including basic shooting and finishing technique, running through defenders while staying onside, finishing in the box, timing dangerous and effective runs to create space, and moving on and off the ball strategically to create goal scoring opportunities for themselves and teammates.

SKILLS 360 ARENA Pass Trainer:

Please remember... NO cleats at Academy USA! Regular athletic shoes or indoor soccer shoes only...