# SOCCER TRAINING

SOCA is pleased to offer all youth players the opportunity to train one-on-one with a SOCA Staff Coach.

The goal of the Individual Soccer Training program is to meet the individual skill development needs of Field Players and Goalkeepers. SOCA Staff will provide customized individual instruction in appropriate technical and functional topics. Soccer-specific performance enhancement can be a topic of focus. All sessions are tailored to players needs. All instructors are certified and provide top-quality, professional services.

All training will take place at SOCA-ACAC South Fork Soccer Park, unless otherwise arranged.

Current available instructors includes SOCA staff coaches.

# **Skill Development**



# Individual Improvement

## **IMPORTANT INFORMATION**

Individual Soccer Training is available for Field Players & Goalkeepers. Goalkeepers will be provided Goalkeeper-specific instruction.

Each Individual Soccer Training program is set up as a supplement to existing SOCA programs. Individual sessions will not conflict with your current team practices and/or SOCA programming.

Please review your current programming schedule prior to contacting SOCA.

## PROGRAM REQUIREMENTS, PACKAGES & COSTS

SOCA requires a minimum of (3) sessions to evaluate and create an effective training program.

- (3) 1-Hour Training Sessions \$210.00 Per Package of 3
- (6) 1-Hour Training Sessions \$390.00 Per Package of 6
- (10) 1-Hour Training Sessions \$600.00 Per Package of 10

# HOW TO SETUP YOUR INDIVIDUAL TRAINING PROGRAM

See attached sheet for complete Individual Soccer Training Instructions & Procedures.

### CALL SOCA TODAY!

Players may request a specific coach and/or specific time/days/dates. SOCA will attempt to match coach availability with individual needs and requests.

All payments to be made in full, in advance at the SOCA Office.

Contact Jimmy Tharpe-SOCA Staff Coach at <u>Jimmy.Tharpe@socaspot.org</u> or by phone at 434.975.5025.

# SSS CONTRAINING INDIVIDUAL SOCCER TRAINING Instruction & Procedures

## **SCHEDULING**

Players may request a specific coach and/or specific times/days/dates. SOCA will attempt to match coach availability with individual needs and requests. Field Players will be provided with appropriate coaches. Goalkeepers will be scheduled for goalkeeper specific instruction. Call the SOCA office @ 434.975.5025 to schedule your Individual Soccer Training today!

## **PAYMENT**

Payment is due at the SOCA office in advance, in full. Payment is to be made a minimum of 24 hours in advance of the first scheduled training session. Sessions will proceed upon completed payment. Full payment is required for the total package of training sessions scheduled.

## CANCELLATION / RESCHEDULING

Cancellations can be made up to 24 hours in advance of a training session. We understand that last-minute conflicts do occur. Please provide as much advance notice as possible. If the instructor has arrived at the field and the player does not attend the training session, without notice, the session is considered complete. We will do our best to accommodate rescheduling of canceled sessions. Contact the SOCA office and your instructor.

## WEATHER CANCELLATION

Please contact the SOCA Weather Line at 434.975.RAIN (7246) or visit the web: <a href="https://www.SOCAspot.org">www.SOCAspot.org</a> or contact your coach for field closings and program cancellations due to weather. If the training session is canceled, please contact your coach to reschedule. If a training session has begun and weather halts the session, the remainder of the training session will be rescheduled at a later date; arrangements to be made directly with the instructor.

## **REFUNDS**

Refunds require a written request from the parent submitted to the SOCA office. Refunds will be pro-rated based on sessions completed.

## **SOCA Individual Training Registration Sheet**

Return to SOCA Office Attn: Jimmy Tharpe 1685 Polo Grounds Rd. Charlottesville, VA 22911 Fax- 434.975.2619

PLATERS NAIVI	E				ก.ด.ห	AGE
POSITION (circl	le one):	Field Player	Goalkeeper	GENDER (circle	one): M	F
LEVEL OF PLAY	Y: REC	CHALLENGE	CLASSIC	PREMIER	ELITE	OTHER
COACH REQUE	ST (if any)	-				
				ble instructor if the rec Goalkeeper specific c		ch cannot be scheduled.
SCHEDULING F	REQUEST	(if any)-				
LOCATION:	SFSP					
PRIMARY CON	TACT EMA	IL				
PARENT 1DAYTIME PHONE						
PARENT 2DAYTIME PHONE						
						-
OFFICE USE OF	NLY					
PAYMENT					INITIAL #	OF SESSIONS