



# 2018 Spring Soccer Pre-Season Skills Development Program (SDP)

*Pre-prepare now, be ready to play and win!*

**Open to current LSO 2017 Fall & 2018 Spring soccer players in the Instructional to Strikers divisions!**

This skills development program will focus on the following individual player skills development:

### **Dribbling, Passing, Shooting and Defending**

The program will be run by the Lakota FC Academy Director Erik Karnebeek, who holds a National B License and played semi-professionally in his native home of the Netherlands. Erik brings fun, focus and fundamentals to developing great soccer, so don't miss this chance to learn from a top coach.



Program includes 4 training sessions held on Saturdays, beginning on Saturday, March 3rd through March 24, 2018.

### **SDP Division Training Times:**

<b><i>Instructional:</i></b>	March 3 and 10, 2018 - 8:30 am to 9:20 am March 17 and March 24 - 9:00 am to 9:50 am
<b><i>Passers:</i></b>	March 3 and 10, 2018 - 9:30 am to 10:20 am March 17 and March 24 - 10:00 am to 10:50 am
<b><i>Wings &amp; Strikers:</i></b>	March 3 and 10, 2018 - 10:30 am to 11:20 am March 17 and March 24 - 11:00 am to 11:50 am

### **Players need to:**

Arrive 10 minutes prior to the start of their training session.

Wear T-Shirt, shorts, soccer socks, shin guards and soccer shoes.

Players should also bring a ball (Instructional & Passers - Size 3 Ball, Wings @ Strikers - Size 4 Ball) & water.



### **SDP Cost:**

\$30.00 for all 4 training sessions

### **Sessions will be held at:**

GameTime Training Center, 530-C Quality Blvd, Fairfield, Ohio

**Register online at:** [www.lakotasports.org](http://www.lakotasports.org) , by February 19, 2018

For more information contact: Bruce Rhodes, at 513-906-6884 or [execadmin@lakotasports.org](mailto:execadmin@lakotasports.org)