



2018 Spring Soccer Friday Night In-Season Skills Development Program (SDP)

"Success is a project that's always under construction."

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 6 training sessions
beginning on Friday, April 6th through Friday, 11th May, 2018.

SDP Division Training Times:

Instructional:	5:30 pm to 6:15 pm
Passers:	6:20 pm to 7:05 pm
Wings & Strikers:	7:10 pm to 7:55 pm

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 6 training sessions

Sessions will be held at:

Liberty Park Training Fields (Back Left of the park)



Register online at: www.lakotasports.org , by March 23, 2018

For more information contact: Bruce Rhodes, at 513-906-6884 or execadmin@lakotasports.org