

# Futebol Advantage

Futebol Advantage is an off season training program that gives players an opportunity to improve not only their technical and tactical abilities but also their motor skills, coordination, running technique, speed and agility. We are offering three types of training sessions for ages 8-15 both boys and girls and adults. All sessions will take place at Antrim Park, 5858 Olentangy River Rd, Columbus, Oh 43205. Below are the programs we are offering along with dates, times, and age groups for each session:

**Speed and Agility:** Balance, strength, coordination, and running technique are all necessary components of speed and agility. To be able to change direction using 50-100 percent effort while dribbling a soccer ball or playing defense takes a lot of physical demands. To make the body more efficient in these movements we are offering a speed and agility class that will help to increase all of these qualities while making the body stronger and reducing injuries. Our goal is to make sure the players are ready and conditioned to perform movements in an unpredictable, ever changing game.

Age Group	Time	Date
ALL	10:30-11:30am	June-23,24,26 July-10,24,31
ALL	6-7pm	July- 1,7,8,21,22,28,30

**T.T. & P:** The technical, tactical and Play session will allow players to keep up with their technical and tactical ability throughout the summer as well as get a chance to play and have a good time. The first 30 minutes of the session we will work on improving skills such as dribbling, passing, shooting and receiving. In the second half the players will be put in a game situation where they can continue to work on their skill level but also improve their decision making in a game environment.

Age Group	Time	Date
U8/U9-U10	10:30-11:30am	June 21
U8/U9-U10	6-7pm	June 29 July-6, 20,27
U11-U12	11:30-12:30/ 6-7pm	June 23/ July 2
U11-U12	7-8pm	July 7,21,28
U13-U15	11:30-12:30pm	June 21
U13-U15	7-8pm	June 29 July 6,20,27
ALL	11:30-12:30am	June 26 July-10,24,31

**Adult Fitness Boot Camp:** This summer we will be offering an Adult Boot Camp class on Thursday Evenings. The class will include strength, endurance, and core stability wrapped into a Total Body Workout.

Age Group	Time	Date
18 and Up	7:30-8:30	June 24
18 and Up	7-8pm	July-1,8,22,29

**Registration and Fees:** To sign up please email Alyx Portier, [FutebolAdvantage@gmail.com](mailto:FutebolAdvantage@gmail.com) with Futebol Advantage in the subject line. Include participant's name, age, and sessions attending. All sessions are \$10/player. If you attend 9 sessions all others are free.

\*Schedule is subject to change. In event of bad weather please use best judgment. If lightening or thundering it will be canceled. I will send an email if canceled 30 minutes before training. Training will not take place the week of Santos Camp, July 12-16. If you come to camp you get one training session free. You must have registered and paid for camp. Any questions please contact Alyx Portier, [FutebolAdvantage@gmail.com](mailto:FutebolAdvantage@gmail.com). Futebol Advantage is not sponsored by TVSA Santos.

