

Dear Albany-Berkeley Soccer Families,

Players in the [Under-9 through Under-19](#) age groups are invited to two exciting programs.

Goalkeeping Clinic

Wednesdays

Sept 10 to Nov 5

4:00 to 5:30 pm

[Fielding Field](#)

- Improve your goalkeeping technique.
- Improve diving.
- Understand angles and organizing your defensive line.
- Bring your goalie gloves.
- Bring water bottle.
- Shinguards required.
- This is a free drop-in clinic for *registered* ABSC players - come any and all days you wish.
- Come prepared to play and have fun!

Academy Development Program

Fridays

Sept 12 to Nov 7

4:00 to 5:30 pm

[Fielding Field East & West](#)

Purpose: To foster the technical and tactical development of ABSC players through a nine-week systematic evaluation program for players in Under-9 through Under-19.

A player can be evaluated for two different reasons:

- for their own personal achievement
- for those interested in moving from the recreational program to a competitive team or to a higher competitive team. These players will have to attend at least four academy training sessions and be evaluated each time to determine if the player is ready for the competitive program.

Note: Players do not have to be evaluated if they just want to show up and work on their skills.

9-Week Program

Week 1 ball mastery

Week 2 receiving and control on ground and in air

Week 3 speed, agility, mental fitness, quickness

Week 4 passing with correct technique, pace, timing, different types of passes

Week 5 tba

Week 6 finishing/scoring

Week 7 Principles of attack - 1st, 2nd, 3rd attackers

Week 8 Principles of defense - 1st, 2nd, 3rd defenders

Week 9 Transition from offense to defense and vice-versa

This is a free drop-in clinic for *registered* ABSC players - come any and all days you wish.

Academy offerings for Under-6 to Under-8 TBA.

Enjoy the early Fall soccer weather!
-Your ABSC Team