

Additional Training on Fridays - Academy of Excellence

SPRING

Open to all players within the **Fire Club**- No Charge

Players from outside Fire, \$10 per session or 4 sessions for \$30

To be run on Fridays, beginning Feb 15th thru May 9th, omitting Friday 21st March,
5.30pm - 6.30pm

Players must register online prior to the session.

training@ahfsh.org

Players will be accepted after the start date only with approval of the DOT



The sessions will be similar to

Week 1	FEB 15	Passing and Receiving
Week 2	FEB 22	1 st touch and movement
Week 3	FEB 29	Shooting and Finishing
Week 4	MAR 7	Combination plays
Week 5	MAR 14	Small sided games
	OFF	
Week 6	MAR 28	Heading , offence and defense
Week 7	APRIL 4	Possession
Week 8	APRIL 11	Defending 1v1 , 2v2
Week 9	APRIL 18	Small sided games
	OFF	
Week 10	MAY 2	Turning and 1v1 to goal
Week 11	MAY 9	Small group activities
ALL WEEKS		Goalkeeper Training