

INDIVIDUAL REGISTRATION FORM
(Please complete both sides of this form)

AGE DIVISION:

- ___ 5, 6, 7 yrs Coed Friday
- ___ 8, 9, 10 yrs Coed Friday
- ___ 11, 12, 13 yrs Coed Friday
- ___ 14, 15 + yrs Coed Friday

Maximum 25 players per age division—first 25!

Registration for Session I accepted by Oct 22nd
Registration for Session II accepted by Dec 31st
Registration for Session III accepted by Feb 25th

8 Trainings will be in each session!

- ___ **Session I** November: 1, 8, 15, 22, 29
December: 6, 13, 20

- ___ **Session II** January: 10, 17, 24, 31
February: 7, 14, 21, 28

- ___ **Session III** March: 6, 13, 20, 27,
April: 3, 10, 17, 24

Players Ability Level * Individual Signups
(Beginner =1, Advanced =5)

- 1. Beginner
- 2. Intermediate
- 3. Advanced
- 4. Elite
- 5. Professional

Maximum 25 players/ age division

TIMES OF PLAY:

- 5, 6, 7 yrs Coed Fridays - 5:30pm-6:30pm
- 8, 9, 10 yrs Coed Fridays - 6:30pm-7:30pm
- 11, 12, 13 yrs Coed Fridays - 7:30pm-8:30pm
- 14, 15+ yrs Coed Fridays - 8:30pm-9:30pm

**IF REGISTERED AFTER OUR
DEADLINE THERE WILL BE A \$15.00
LATE FEE TO REGISTER.**

Make checks (\$95/Player/Session)
payable to: Vermont Voltage

You can register by mailing this form and
fee to:

Vermont Voltage Skills Academy
230 School Street,
Bennington VT 05201
jrvoltage@gmail.com
(802) 681-7151

**Vermont Premier Soccer Center
Bennington Sports Center WINTER
2019-20 INDOOR SOCCER**



**2019-20 Winter
Vermont Voltage Skills & Agility
Training Academy**

BENNINGTON SPORTS CENTER
230 School Street, Bennington VT

SESSION I: November - December
SESSION II: January - February
SESSION III: March - April

www.voltagesportsclub.com



Technical Skills / Agility Training

The Vermont Voltage built the Vermont Voltage Skills & Agility Training Academy to help players create a sound technical foundation of the basic and advanced playing skills and movement mechanics needed to succeed in the game of soccer. It is a fact that without this sound knowledge base the individual player will be forever limited in his/her soccer career. This program is aimed at taking those who have some basic knowledge of the game all the way to the highest level experienced players to help them acquire mastery of the ball. Tactical principles are addressed in small-sided situations to help players learn how to apply their skills and make quicker and better decisions in games. Players will acquire the skills needed to perform through thousands of ball touches and repetitive practice throughout the program. Fast footwork and agility are addressed to improve the players ability to perform at speed.

This, skill development program is being led by Vermont Voltage Staff Coaches.

Our staff members that work with skills training programs are all current or former players as well as staff coaches with the Vermont Voltage Premier Soccer Club.

FACILITIES: The Voltage Skills Training Sessions will take place at the Bennington Sports Center, 230 School Street Bennington, VT 05201.

COST: The cost per session is; \$95/ One session

SESSION I: November-December

SESSION II: January-February

SESSION III: March-April

RELEASE FROM LIABILITY
BENNINGTON SPORTS CENTER

I understand that Soccer (herein referred to as Activity) can be a dangerous activity, that there are certain inherent risks associated with participating in the sport, and that injuries can and do occur. I assume the entire risks incidental to the nature of this Activity, including risks which are not specifically foreseeable. I will follow the rules and regulations provided by ISA, Inc. and Bennington Sports Center (herein referred to as BSC) & VT Premier Suites, LLC. I assume all the risks incidental to the Activity. I have my own Health Insurance. I agree to release, indemnify, save, and hold harmless, ISA, Inc. DBA Vermont Voltage, BSC, ISA, Vermont Voltage, & VT Premier Suites, LLC their Boards, staff, or volunteers from liability of any nature, for property damage, or personal injury, including death, which might arise from participating in the Activity and from participating in any ancillary activity such as, but not limited to, use of facilities for training or practice, team meetings, social events, and team travel. It is understood that this release is binding on the participant, his or her heirs and assigns and constitutes a relinquishment of a legal cause of action which otherwise might be available. Therefore, the undersigned acknowledges that he or she either has consulted with a lawyer or has knowingly waived such right. By signing below you are acknowledging that you will follow all rules & regulations set forth by Bennington Sports Center and that they must be adhered to in order take place in our World Cup Leagues and skill sessions.

Executed, this _____ day of _____, 2018/19

Participant's Signature

Participant's Name (Print)

Date of Birth

Parent's or Guardian's Signature (If Under 18 years old)

Parents or Guardian's Name (Print)

Medical Insurance (Company Name / Policy Number)

Address

Phone

EMAIL-very important

Training Curriculum

BALL MASTERY: One player One ball. Repetitive ball control exercises with both feet. Ball familiarity exercises to have the player feel one with the ball.

RECEIVING / PASSING: Exercises and games to improve first touch, seriously important at all levels, and to encourage accurate and creative passing.

DRIBBLING MOVES 1 V 1: Exercises and games that teach game winning individual dribbling moves and how to create space against packed defenses.

SPEED, STRENGTH and AGILITY: Exercises and games to improve agility, balance, acceleration and power with and without the ball.

STRIKING and FINISHING: Exercises and games that improve technique and encourage instinctive play around the goal.

COMBINATION PLAY: Exercises and games that improve small group play with an emphasis on creative combination attacking play.

jrvoltage@gmail.com

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