

In The Net Sports Complex

# Winter Development Programs

6 Week Sessions for Players and Goalkeepers



## Come join us this winter for our Player Development Program!

While others are taking time off, are you doing the extra work to become better?

When picking a winter development program, you should;

- Pick a quality program on design and topic
- Know your coaching staff
- Know the coaches qualifications
- Know the program outline

In The Net Sports Complex will be hosting our Player Development Program (PDP) this coming winter. These 6 week training sessions will help players of all levels with their needed development in skill work.

The PDP program will offer two (2) age group levels for you to choose from.

### Jr. PDP Academy

The Junior Program is the youngest age group of the two (ages 9-11) and the development phase of these players

**Program Fee**

~\$175~

**Register Now**

### **When**

**PDP - Tuesday evenings**

November 21st, 28th  
December 5th, 12th, 19th  
January 2nd  
(no training on Dec 26th)

**Goalkeeper Training - Tuesday evenings**

January 9th, 16th, 23rd, 30th  
February 6th, 13th

### **Time**

Jr. Academy 7:00-8:00 pm  
Sr. Academy 8:00-9:00 pm

skills are at the beginning to intermediate phase, concentration will be spent on the development of skills such as dribbling, passing/receiving, attacking/defending, and the confidence needed to feel comfortable on the field. In this development phase, players will learn to have more confidence with the ball at their feet, learn fun activities that will make learning the game fun first. The age is a delicate group and the added training is meant to be a positive experience. The developmental group will train once a week for 6 weeks. At the end of their training program, each player should have increased their overall knowledge of the game and their individual comfort with the ball.

Developmental Skills for age group:

- Dribbling
- Passing and Receiving
- Principles of Attacking
- Principles of Defending
- Shooting
- Fakes and Faints

### **Sr. PDP Academy**

Curriculum for this age group will focus on the techniques and tactical thinking of a beginning advanced player. By now, the understanding of the game is becoming more apparent and the philosophies of the game are beginning to set in. Now on the big field, the age group sees that the number of people and positions has changed, the speed of play has changed, space and time awareness has changed. The development stage to 'read the game' at this age group will be focused on more. Understanding of all the positions and the responsibility of each will allow them to develop as players, not just a positional player. The emphasis of this age group will be the highest level of training and playing. Technique and tactics will continue to be reinforced, but it will be expected to be incorporated into the game. Sessions will be developed as training situations, and spend less time on teaching sessions. This pool age group will train once a week for 6 weeks.

Developmental Skills for age group:

- Advanced Dribbling and Foot Skills
- Passing and Receiving under Pressure
- Combination Play
- Introduction of 1st , 2nd, and 3rd Attacker
- Introduction of 1st, 2nd, and 3rd Defender
- Placement and Power Shooting
- Role of Play Maker (Midfield Play)
- Target Play

### **Goalkeeper Training Academy**

Jr. Goalkeeping 7:00-8:00 pm

Sr. Goalkeeping 8:00-9:00 pm

### **Where**

In The Net Sports Complex -  
Annex Arena  
(New Indoor Building next to  
Hockey Arena)  
101 Landing Dr.  
Palmyra PA 17078

### **Quick Links**

[Contact Info](#)



*Stay Connected*



**Jr. Goalkeeping Program (ages 9-11)****Sr. Goalkeeping Program (ages 12-16)**

In an effort to maximize the potential in young players and increase their knowledge of the goalkeeping position, the 6 week training program is designed to establish a solid foundation on which a player can continually build through training techniques, tactics, and other essential pieces needed to play this position. The program will offer goalkeepers the opportunity to get together once a week and learn from a qualified instructor who has year of playing and coaching experience. Our staff director is a nationally certified coach and is a member of the US Youth Soccer Region 1 Olympic Development Goalkeeping staff and also on the NSCAA National Goalkeeping Staff.

Registration and payments can be made at:

[www.inthenet.com](http://www.inthenet.com)