



## FC NORTHWEST FALL & WINTER HIGH PERFORMANCE SESSIONS – BOYS



NEW all training sessions will be taking place at WSF North!!!  
Along with the Training Sessions, we will be including Futsal.

For Futsal – St. Charles Academy & Brandon Academy will be providing further competition.  
*The game dates and times will be determined once registration is completed. Just because the date is on this schedule does not mean that Futsal will be scheduled. (I wanted to give you all the possible information at once)*

These High-Performance sessions are aimed to improve the player technically and tactically. The areas of focus will be:

- Individual Skills Development: Dribbling, Feinting; Ball Control on the ground/air, short/long passing; Heading and Shooting.
- Tactical Behavior: 1v1 Attacking/Defending; Behavior off the Ball – creating space, creating passing opportunities; Transition – attack to defence and defence to attack; Building Play – inter passing, zone defence and finishing
- Fundamentals of Proper Technique for running

FC Northwest will be grouping players according to their skill level.

**The Cost for this program is:**

**Block #1: \$125.00 (October-December)**

**Block #2: \$250.00 (January-March)**

**Full Sessions: \$350.00 (October-March)**

**Location:**

WSF North – 770 Leila Ave

Red River north Gym - 2055 Notre Dame Ave

*High Performance uniforms are required at all training sessions, players who DO NOT have the jersey, shorts and socks, will be required to purchase the clothing.*

For inquires contact [gm@fcnorthwest.com](mailto:gm@fcnorthwest.com)

Block #1	Tuesday	October 16, 2018	Training	4:45 PM - 6:00 PM	WSF North
	Saturday	November 10, 2018	Futsal	8:00 AM - 1:00 PM	Red River North Gym
	Saturday	November 24, 2018	Futsal	8:00 AM - 1:00 PM	Red River North Gym
	Tuesday	October 23, 2018	Training	4:45 PM - 6:00 PM	WSF North
	Tuesday	October 30, 2018	Training	4:45 PM - 6:00 PM	WSF North
	Tuesday	November 6, 2018	Training	4:45 PM - 6:00 PM	WSF North
	Tuesday	November 13, 2018	Training	4:45 PM - 6:00 PM	WSF North
	Tuesday	November 20, 2018	Training	4:45 PM - 6:00 PM	WSF North
	Tuesday	November 27, 2018	Training	4:45 PM - 6:00 PM	WSF North
	Tuesday	December 4, 2018	Training	4:45 PM - 6:00 PM	WSF North

Block #2	Saturday	January 5, 2019	Futsal	8:00 AM - 1:00 PM	Red River North Gym
	Saturday	January 12, 2019	Futsal	8:00 AM - 11:00 AM	Red River North Gym
	Tuesday	January 15, 2019	Training	4:45 PM - 6:00 PM	WSF North
	Saturday	January 19, 2019	Futsal	8:00 AM - 11:00 AM	Red River North Gym
	Tuesday	January 22, 2019	Training	4:45 PM - 6:00 PM	WSF North
	Saturday	January 26, 2019	Futsal	8:00 AM - 1:00 PM	Red River North Gym
	Tuesday	January 29, 2019	Training	4:45 PM - 6:00 PM	WSF North
	Saturday	February 2, 2019	Futsal	8:00 AM - 11:00 AM	Red River North Gym
	Tuesday	February 5, 2019	Training	4:45 PM - 6:00 PM	WSF North
	Saturday	February 9, 2019	Futsal	8:00 AM - 1:00 PM	Red River North Gym
	Tuesday	February 12, 2019	Training	4:45 PM - 6:00 PM	WSF North
	Tuesday	February 19, 2019	Training	4:45 PM - 6:00 PM	WSF North
	Saturday	February 23, 2019	Futsal	8:00 AM - 1:00 PM	Red River South Gym
	Tuesday	February 26, 2019	Training	4:45 PM - 6:00 PM	WSF North
	Saturday	March 2, 2019	Futsal	8:00 AM - 1:00 PM	Red River North Gym
	Tuesday	March 5, 2019	Training	4:45 PM - 6:00 PM	WSF North
	Saturday	March 9, 2019	Futsal	8:00 AM - 1:00 PM	Red River South Gym
	Saturday	March 16, 2019	Futsal	8:00 AM - 1:00 PM	Red River South Gym
Saturday	March 30, 2019	Futsal	8:00 AM - 1:00 PM	Red River South Gym	