

Northwestern CT Recreational Soccer League

Notice: 2017 Fall Recreation Soccer Registration will end **August 11th**. Please register soon to avoid any late fees. www.nctrsl.com Any questions, please email manager@nctrsl.com.

Also: NCTRSL and Dutch Football Academy (DFA) introduce new soccer learning opportunities! Pass the ball, sorry... word!

NCTRSL and Rens Van Oostende, owner/founder of DFA, are proud to offer some new soccer camp sessions prior to the 2017 fall soccer season. Sessions will be held the week of **August 14th - 18th and August 21st - 25th** at the Barkhamsted Elementary school fields by trained professional coaches, staff, and active players.

There will be two sessions per day, a morning and an early evening. The morning session will be from 9am until 12pm, 3 hours, and the early evening from 5:30pm until 7:30pm, 2 hours. **Day sessions will be \$35 for the week and early evening will be \$25 dollars for the week. That's only \$7 per day and \$5 a day!** Kids can do one, or both or all four sessions.

This is a great opportunity for your child to get into shape before the season, learn basic to advance soccer skills, have fun with friends, and continue the love of the game. The pre-season focus will be on NCTRSL's motto of 'Back to basics' with the opportunity for advanced training based upon observed skill levels. Some curriculum information:

- All camp sessions will contain a curriculum that is age related, fun, but challenging.
- Each session will be divided into Junior, Lower, and Upper grade/age brackets.
- All sessions will be a combination of dribbling, passing, possession and small sided games.
- Each session will be divided into four different segments:
 - Warm up
 - Orientation phase
 - Practical phase
 - Phase of play
- With the younger children we *strongly* emphasize technique above anything else.
- With the older children we implement game strategies and formation training.

Example of a typical DFA training session:

1. Technical warm up with the ball
 - Dribbling in combination with 5 different ways to cut the ball away from pressure
2. Passing and receiving
 - Triangle passing - Left foot control - right foot pass
 - Emphasis on learning to utilize both feet
3. Possession game
 - 6 v 3 with 2 small games on the short side of the grid
4. Small sided scrimmage
 - 4v4 or 5v5

DFA (www.dutchfootballacademyct.com) currently holds premier camps in the north central region, Simsbury, Canton, Farmington, and the surrounding towns and is excited to spread the beautiful game further. As Rens is a resident of Barkhamsted, we have secured a deeply discounted rate for the 2017 season. Please visit the website for more details.

If you have questions, please email manager@nctrsl.com

Register Soon! The first sessions starts August 14th.

To register, please email voost67@hotmail.com