

Winter Development Program and Futsal

Player development: weekly 60 minutes from mid-October to end March at Rockland District High School.

This program is open to all Recreational and Competitive players from U4 to U16 (as of 2017 summer season).

The objective of this program is to develop skilled, confident and creative players by making the sport fun during practice and play, and teaching good sportsmanship and respect for all.

- Training will be overseen by the Club's Technical Director (Provincial "B" Licence)
- A progressive set of drills based on the Long Term Development Program, designed to improve skill levels over the duration of the program.
- U13 to U16 will also be taught the FIFA11+ series of exercises to help reduce risk of injury (<http://f-marc.com/11plus/home/>)

Futsal development: weekly 90 minutes from mid-October to end March. 60 minute training session followed by 30 minute futsal game. **Cost, date, time and location to be determined.** Limited from U8 to U13 (2017).

Disclaimer

- Schedules are subject to change.
- RUSC is not responsible for cancellation of sessions due to "snow day" when the school is closed
- RUSC reserves the right to cancel a program or session due to insufficient registrants.
- All players will require registration with RUSC for proper insurance coverage.

Mini Knights U4 to U8

U4 - U8 (during 2017 summer season)

Skill development sessions and small-sided games

Rockland District High School

Wednesdays October 11, 2017 to March 28, 2018 (20 sessions)

6:00 – 7:00 PM

Young Knights U9 to U12

U9 – U12 (during 2017 summer season)

Skill development sessions and small-sided games

Rockland District High School

Wednesdays October 11, 2017 to March 28, 2018 (20 sessions)

7:00 – 8:00 PM

Squires U13 to U16

U13 – U16 (during 2017 summer season)

Skill development sessions, FIFA11+ and small-sided games

Rockland District High School

Wednesdays October 11, 2017 to March 28, 2018 (20 sessions)

8:00 – 9:00 PM

Fees:

\$125 per registered player (player development)

Shirts sponsored by Myers.

To register: <http://www.rusc-csur.com>