



Valley Girls Soccer

CLINIC



For Girls 3rd through 8th grade

The Valley Girls Soccer Coaches and Varsity players will work with future players to improve foot skills and technical play through the fundamentals of soccer and age appropriate training drills. Every training session will begin with a strong foundation of technical moves and drills.

****This is a great opportunity for current 8th grade girls to work on technical skills that will be used for skills testing as incoming freshmen at summer camp and next year****

Saturday Mornings March 2 & 9

Grades 3-8 at 9:00-10:30 am. Cost \$40

Training sessions will cover: Defensive Fundamentals, Passing, Receiving, and Attacking 1v1, Futsal games

***Location:** Valley Southwoods Gym

***What to bring-**All participants must bring inflated ball, water bottle, and dry shoes.

Mail/send registration and fee to:

Make checks payable to:



Due: Feb. 22, 2019

**Valley Athletics & Girls soccer
Soccer c/o Brad Rose, 3650 Woodland
Ave., West Des Moines , IA 50266**

Name _____ Grade _____

Shirt size YL or Adult S M L XL

I/we give permission for the above named to participate in 2018 Soccer Clinic.
I/we understand the possible risks involved with participating in such an activity.
I/We will not hold the West Des Moines Schools or any camp staff responsible for injuries that occur during the camp activities.

Parent/Guardian Signature _____ Date _____

Emergency contact number _____

E mail Address _____