

Opelika Crush

- “A dream does not become reality through magic; it takes sweat, determination, and hard work. ~ Colin Powell, former U.S. Defense Secretary”

2020

Meet on Field #4 and #5

U12 and Academy: 6:00 PM - 7:15 PM

U13 and Older: 7:00 PM - 8:30 PM

All players must bring their own ball, shin guards, and water

June

Summer Skill Development Program (all sessions 6:00-8:00pm)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 ABC'S (Agility, Balance, and Coordination)	23 Skill Session (Attacking/Defending)	24 Skill Session (Finishing)	25 Street Soccer (full and small sided games)	26	27 *Tactical and Technical Education Day

28	ABC'S (Agility, Balance, and Coordination)	29	Skill Session (Ball Mastery)	30
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*OPTIONAL: Technical and Tactical Education consists of taking 45min-1hr to study the game or continue to improve technical abilities. Some examples include watching morning matches, using YouTube to study players in specific positions or team schemes, ball mastery in the back yard etc.