

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

On days which we have Finishing or Street Soccer, as well as GK Training, GK's will meet at 6:15 PM for 45 minute session before their time in goal during 7:00-8:30 PM session. Pre-GK Session is not required but highly encouraged to prevent injury and promote good GK habits.

Summer Skill Development Program

Meet on Field #4 and #5

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

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

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

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Skill Session (Attacking/Defending) *GK TRAINING*	2 STREET SOCCER	3	4 *Tactical and Technical Education Day
5	6 ABC'S (Agility, Balance, and Coordination)	7 Skill Session (Finishing) *GK TRAINING* 6:15-7:00	8 Skill Session (Ball Mastery)	9 STREET SOCCER *GK TRAINING* 6:15-7:00	10	11 *Tactical and Technical Education Day
12	13 ABC'S (Agility, Balance, and Coordination) *GK TRAINING*	14 Skill Session (Attacking/Defending)	15 Skill Session (Ball Mastery) *GK TRAINING*	16 STREET SOCCER	17	18 *Tactical and Technical Education Day
19	20 ABC'S (Agility, Balance, and Coordination)	21 Skill Session (Ball Mastery) *GK TRAINING*	22 Skill Session (Finishing)	23 STREET SOCCER *GK TRAINING* 6:15-7:00	24	25 *Tactical and Technical Education Day
26	27	28	29	30	31	

	ABC'S (Agility, Balance, and Coordination) *GK TRAINING*	Skill Session (Finishing)	Skill Session (Ball Mastery) *GK TRAINING*	STREET SOCCER		

*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.