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AGES: 3-6 YEARS OLD

ADVANCED TRAINING SESSIONS WILL INCLUDE:

- BODY COORDINATION EXERCISE
- BODY MANIPULATION
- FUTBOL TECHNIQUES INTRODUCED
- FOCUSING ON TRUE PLAYER DEVELOPMENT
- 1 SESSION PER WEEK
- 60 MIN SESSIONS
- TURF & FUTSAL FIELDS
- QUALIFIED LICENSED USSF COACHES
- WIX ONLINE REGISTRATION PLATFORM
- EXERCISE & FUN

7 WEEK PROGRAM



SCHEDULE TO START

SATURDAY FEBRUARY 25 TH



EMPIRE SPORTS & TRAINING

525 RIVERSIDE AVE, LYNDHURST NJ 07071



TIME

1 PM - 2 PM

(201) 667-6722 **INFO@KEARNYFC.COM**

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YOUTH
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