



# Soccer ABC Adult Boot Camp



**For Men and Women**

- **Meet players looking to form teams**
- **Get a great, fun workout**
- **Improve your skills**
- **Drop-ins welcome**

## **Curriculum**

- Ball Control 1 – controlling the ball with both feet
- Dribbling – movement with the ball
- Passing – using both feet, inside/outside of the foot, laces
- Ball Control 2 – first touch receiving, ball control using body
- Shooting – develop accuracy and power
- Attacking 1 – dribbling and shooting
- Defense 1 – defending the attack
- SAQ – speed, agility and quickness
- Attacking 2 – attacking with numbers
- Defense 2 – defending as a unit

## **Required Equipment**

- Flat soled or turf indoor soccer shoes, or tennis shoes
- NO outdoor cleats permitted
- Shinguards must be covered by long socks

## **Registration**

Sign up for all 8 weeks of classes or just drop-in. Register at the soccer check-in desk, call 408-224-8774 or fill out the online form at [www.strikersden.com](http://www.strikersden.com)



## **SCHEDULE**

<b>Days/Time</b>	Sunday	7:00 – 8:00pm
	Monday & Wednesday	7:30 – 8:30pm
<b>Member Cost</b>	\$10 per class	
<b>Non-member Cost</b>	\$15 per class	

Striker's Den at  
Silver Creek Sportsplex  
800 Embedded Way • Suite 30 • San Jose, CA 95138  
**408.224.8774 • [www.strikersden.com](http://www.strikersden.com) • [info@strikersden.com](mailto:info@strikersden.com)**

