



2025-26 Winter training Phase 1

November 1st to December 20th, 2025

U5-U8 At ignition fitness

U9-U18 At the MSU Dome

"Train with purpose. Play with creativity."

Phase 1 of our Winter Training Program is designed to build a strong technical foundation that every player can rely on. Through a carefully structured progression, players will develop core skills and intelligent decision-making on when and where to apply these techniques in game situations.

Each session combines high-repetition technical work with dynamic agility, speed, and coordination drills to sharpen overall athletic ability. Players will engage in ball mastery exercises, footwork drills, and game-like scenarios that challenge both their technique and ability to problem-solve under pressure.

Training always concludes with small-sided games, allowing players to apply what they've learned in realistic, fast-paced environments. This not only reinforces technical growth but also builds confidence, creativity, and composure on the ball.

Our program is designed to meet players where they are, offering a clear pathway for improvement regardless of experience level—ensuring that every participant is both challenged and supported.

1. Fundamental Stage

\$140

Ignition Fitness, 1960 Commerce Dr, N. Mankato

designed for recreational youngsters or players just starting the beautiful game of soccer.

Saturday **(November) 1,8,15,22 (December) 6,13,20**

U5/U6	9:00-10:00 AM	(Boys and Girls)
U7/U8	10:00-11:00 AM	(Boys and Girls)



2. Foundation Stage (soccer school)

\$180

MSU Maverick All-Sports Dome, Home of Scheels field

"In most scenarios, it isn't the player on the ball who decides where the ball goes, but players without the ball. Their running actions determine the next pass," – Johan Cruyff.

The program is designed for competitive players looking to improve their technical and tactical ability

Monday **(November 3,10,17,24 (December) 1,8,15**

U9/U10	5:15-6:15 PM	Girls/ Boys
U11/U12	5:15-6:15 PM	Girls/ Boys

3. Academy development training

MSU Maverick All-Sports Dome, Home of Sheel's field

Age U13-U18. The aim is to develop a one-touch mentality approach to increase the player's awareness. Working on the basic technical and tactical principles of play involving attacking and defending disadvantage.

Monday **(November 3,10,17,24 (December) 1,8,15** **\$180**

U13-U18	6:15-7:15 PM	Girls/ Boys
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4. Goalkeepers Training

(November 3,10,17,24 (December) 1,8,15 **\$180**

Goalkeepers are one of the most important positions in a soccer team, unique in their own right, and require a distinct skill set and specialized training methodologies. Our coaching staff, with a wealth of knowledge of playing and coaching at the professional and college level, will help our keepers with the essential skills to perform as high-level goalkeepers

Monday


U13/18	5:15-6:15 PM	Girls/ Boys
U9/12	6:15-7:15 PM	Girls/ Boys



5. Individual training (one-on-one)

While soccer is a team sport, personalized individual training can accelerate a player's development and directly impact performance on the field. Our program offers a unique, one-hour session that is both intense and enjoyable, tailored to meet each player's specific needs.

In addition, every player receives a personal one-on-one evaluation to identify strengths, address areas for improvement, and create a clear development plan.

 *For more details or to schedule your sessions, please contact:*
Hisham Sorour – 612-800-2844

- Questions, please contact Hisham sorour at 612-800-2844 or
coaching@mankatounited.org
Space is limited, so please register early.

