



2026 Winter Training Phase 3

February, 21st- March 28th, 2026

*MSU Maverick All-Sports Dome, Home of Sheel's field
And Ignition Fitness, North Mankato*

Preparing for the upcoming season through gam-like situations focuses on the principles of play

Phase #3 will focus on preparing players for the upcoming season through game-like situations and tactical scenarios. This phase will emphasize

- **Positional Play**—a core principle in modern soccer. Players will work on refining their spatial awareness, timing
- **Problem-solving and decision-making**, gaining the ability to exploit weaknesses in the opposition side
- **Learn the principles of play** throughout the small side of games.
- Conditioned small side game to help get the players ready for the pre-season training with their own team.

Throughout the **six-week** training period, players will engage in a variety of drills and activities, from simple to complex, designed to enhance their footwork, coordination, agility, speed, and passing patterns. This training helps in creating a collective mindset essential for success on the field.

Whether your child is a rising star or a seasoned player, Phase #3 will provide the tools they need to elevate their game and prepare for a successful season ahead.

We are excited to continue this journey with you and look forward to seeing your players thrive in this final phase

Register now and take your game to the next level!



1. **Fundamental Stage (U7-U8) B&G** @ Ignition Fitness **\$140**
Saturday, Feb 21, 28, March 7, 14, 21, 28
U7-U8 9:00-10:00 am

Space is limited, so please register early

2. **Foundation Stage (soccer school) U9-U12 B & G @ MSU dome \$160**
U9-U12 Boys and Girls 5:15 -6:15 pm Monday, Feb 23, March 2, 9, 16, 23, 30

3. **Academy development stage U13-U18 @ MSU dome \$160**
Girls & Boys U13-U19 6:15 -7:15 pm Tuesday, Feb 24, March 3, 10, 17, 24, 31

4. **Position-specific training program @ MSU dome \$160**
 We aim to accelerate our players' tactical understanding of their positional roles & responsibilities by conducting a lot of similar game-situation drills to improve not only tactical understanding but also technical ability.

Girls & Boys U13-U18 6:15-7:15 pm
Thursday, Feb 26, March 5, 12, 19, 26 April 2nd

5. **Goalkeepers camp \$160**
U9-U12 Boys and Girls 5:15 -6:15 pm Monday, Feb 23, March 2, 9, 16, 23, 30
U13-U18 Boys and Girls 6:15 -7:15 pm Monday, Feb 23, March 2, 9, 16, 23, 30



6. **Individual training (one-on-one)**

Contact for price

Even though soccer is a team sport, individual training can be beneficial to players looking to improve their performance during the game. We aim to design a unique one-hour, intense, yet fun personalized program for each player's need, plus offering 1 on 1 personal evaluation.

Please contact Hisham Sorour at 612-800-2844 for more details and to arrange days and times.

Sessions were designed and delivered by Hisham Sorour, MUSC director of coaching, and the MUSC coaching staff.

"The main goal is to have players with confidence and belief.

***- Questions, please contact Hisham sorour at 612-800-2844 or
hisham.sorour@gmail.com***

