



## 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 game-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](mailto:hisham.sorour@gmail.com)

