



---

## Program Overview

This supplemental training program is designed to recognize and reward the top 3–4 hardest-working and most deserving players in each red and white team in Birth Years 2016–2011. These players will participate in **3 focused Fall training sessions** alongside like-minded peers, with the aim of elevating technical and tactical understanding in key areas of play. We will re-evaluate and have 3 more sessions in the Spring. Being chosen in the Fall does not mean you will be chosen in Spring.

---

## Player Selection

- **Who:** 3–4 players per team selected by team coaches
  - **Criteria:** Work ethic, coachability, attendance, and consistent performance
  - **Birth Years:** 2016–2011
  - **Selection Deadline:** August 10, 2025
  - **Coaches submit players to:** [jfisher@parkcitysoccer.org](mailto:jfisher@parkcitysoccer.org)
- 

## Training Groups

Players will be grouped by birth years to ensure developmentally appropriate training:

- **Group 1:** 2016 / 2015
- **Group 2:** 2014 / 2013
- **Group 3:** 2012 / 2011

*Note: Players may be combined within one year up/down as needed.*

---

## Session Schedule & Topics

Each session is **75 minutes**, featuring **small-sided play** at both the beginning and end.

Date	Topic	Focus
Friday, Aug 22	Passing	Vision, short/long range, movement
Friday, Sept 19	Defending	1v1 defending, positioning, pressure
Friday, Oct 17	Shooting	Technique, finishing under pressure

---

## Location & Field Use

- **Field:** Trailside Park
  - **Setup:** Rotating field space based on group size and coach availability
- 

## Proposed Session Times

(Times may alternate depending on field availability)

- **Group 1 (2016/2015):** 4:00 – 5:15 PM
  - **Group 2 (2014/2013):** 5:15 – 6:30 PM
  - **Group 3 (2012/2011):** 6:30 – 7:45 PM
- 

## Coaching Staff

- **Coaches:** Jeff Fisher, Tim Davis, Will Cummins, DJ Jarrett
  - **Role:** Lead technical stations, oversee small-sided games, and provide focused feedback
- 

## Session Format

- **Warm-Up & Small-Sided Games:** 15–20 minutes
- **Main Topic Exercises:** 40 minutes (3 stations or rotations)
- **Game Play (Small-Sided):** 15–20 minutes
- **Cool Down / Review:** 5 minutes

---

## **Program Goals**

- Provide additional development opportunities for committed players
- Create a high-performance environment rooted in effort and attitude
- Reinforce core soccer fundamentals with like-minded peers