



Winter I Clinic Descriptions

GOAT Factory Elite Reaction Skills

Want to evolve your game with the latest in soccer training technology? Our Elite Reaction Skills clinic is expertly constructed to boost players' speed, awareness and confidence by training on reactive intelligence through a combination of technical skill-building and challenge-based scoring activities. Across the clinic, players will sharpen their scanning skills and both on and off-ball mechanics while competing with real-time results across leaderboards related to each focus topic. Compete to see where your footwork, first touch, ball movement, passing accuracy and speed of play stack up against players of similar ages and abilities!

Across our course, players will train on:

- Lateral footwork, ball mastery, skill moves and 1v1 scenarios

- Change of direction footwork, ball mastery, skill moves and 1v1 scenarios

- First touch and passing accuracy

- Scanning and speed of play

Vern Smith Speed & Agility Clinic

Vern Smith is one of the areas leading speed, agility and strength training coaches. Vern Smith is the owner of "The Freak Performance". Vern was a collegiate football player and then was the Director of Strength & Conditioning for Marian University for 13 years. He has also been named the "Strongest Strength Coach in the World !" Vern has partnered with Indy Premier to provide professional Speed, Agility, & Strength Training for our players.

Small Group Training

Need some training, but can't afford private trainers? Sign up with your friends or random crew and we will put you together to get some technical work in followed by a chance to play small-sided with an Indy Premier staff coach.

1v1 Attacking & Ball Mastery

Players will be divided into groups of similar ages & abilities to make play more challenging & appropriate for all players. This Clinic will focus on players gaining mastery of their individual skills with the ball so they can be confident in their dribbling and 1v1 abilities to take on defenders, while also teaching them to keep possession in tight spaces, and setup attacking plays. Exercises will be high intensity & fast paced with lots of technical repetition. The aim will be for players to receive 1000+ touches on the ball in each session.

Goalkeeper Technical Clinic

Goalkeepers will work with a dedicated goalkeeper coach. But the players can also then sign up for an participate in the striking & GKs clinic afterwards to get in more practice and reps against the strikers! The camp will be focused on mastering the fundamentals of the Goalkeeper position. Different Ball Catching Techniques, Set Body Position, Different Footwork for different saves, Positioning in Goal, Taking away Angles, Diving, Quick Reaction, Double Saves, Reading shooters, and more.

Striking/Finishing & Goalkeeper Clinic

Players will be divided into groups of similar ages & abilities to make play more challenging & appropriate for all players.

This class will be focused on Proper Ball Striking Techniques. Sessions will be fast paced with quick finishing exercises for players to receive 500-1000 striking repetitions to develop their Understanding, Comfort, & Confidence Striking the Ball. Goalkeepers will also be incorporated into the session to make finishing more realistic. Fundamental Striking Techniques will be constantly Re-enforced: Angle of Approach, Plant Foot, Body Form & Balance, Contact with Instep, Contact Point on Ball, Follow Through, Rotation of Hips, Kicking Mechanics, Kinetic Chain of Energy, Head & Focus, Accuracy & Intent.

Premier Tekkers

Get touches and learn tricks- quick games and juggling challenges to improve your skills and show off in indoor league games against your best mates!