
About LSTS Winter Academy Training

Four versus four is the smallest group unit of soccer that still maintains all the elements of a "real" game. In a four man formation, the principles of depth and width still can be applied. When a player becomes in possession of the ball, he/she is presented with the options of moving the ball forward, right, left or back, and perhaps, four v. four may be the most accessible resource for teaching the principles of the game, both in attack and/or defense.

Prominent Professional Youth Soccer programs around the world as Ajax Amsterdam in Holland have adopted the concept and created respected versions of training programs based in the four v. four game of soccer. Futsal (Fifa's official Indoor soccer) is a game mostly played by the four infield players. The fifth player on the field, the goalkeeper, has rule limitations that restrict his intervention in the game, as often as the rest of the players on the field, making this game the most accessible tool of four man soccer available to coaches for improving the player's understanding of the sport, and because the nature of the game (where ping-point passing, individual skill, and quick decision making are required), a great way for developing the technical and tactical awareness required in the 11v11 game.

With a proven reputation for training and developing youth soccer players in the Central Jersey area over the last eight years, LSTS utilizes its experience in Futsal to provide parents and coaches with a great opportunity to have their kids participate in a training program that both challenges and improves the player's ability to understand and play the game, based in the elements of the four v. four game of Futsal.

As in all LSTS Training Programs, our mission is to provide competitive soccer training for the committed, skilled, and disciplined young player that can help develop the "whole" person/athlete in an age appropriate context.

The program will feature a progressive methodology of training and competing that will not skip important steps in the development process to promote winning as an end in itself. LSTS at the youth level is geared toward stimulating the player's ability to create and appreciate the game being played with finesse and intelligence.

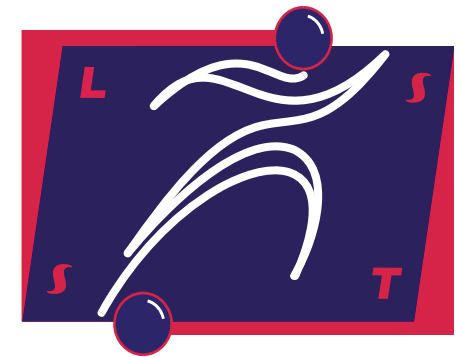
LSTS training implements a large variety of small-sided games to increase the players' interaction with the ball and to give them an opportunity to play everywhere on the field, as well as special variations of the dimensions and shapes of playing areas, number of players, number of ball touches, the number of goals, etc., to recreate realistic game situations.

**Life Skills Through Soccer
2008-09 Winter Training Program
P.O. Box 94
Princeton Junction, 08550**

**LIFE SKILLS THROUGH
SOCCER
A 501 (c)(3) NJ NONPROFIT
CORPORATION**

**Jorge Roman
Program Director**

LSTS Winter Academy Training Program



**Training Program
intended for highly
committed players ages
9-12.**

www.lstsf.org

Life Skills Through Soccer Winter Training Program

offers an extra opportunity for committed players ages 9-12, to participate in an intense progressive Futsal based training program. This program is designed to supplement the training activities of traveling teams where the players are registered, and is intended for players seeking a demanding and rigorous training during the winter season. The program provides:

- 8 training sessions
- Highly experienced professional staff
- Official LSTS Academy training T-shirt
- Prime time hours, dates, and location

SCHEDULE: Dec. 8, 2009 to February 23, 2010

Training sessions schedule to start from 6:30 to 8:00 PM.

Times and dates could change due to School's last minute scheduling athletic activities conflicts or weather emergencies.

LOCATION: Stuart School of Princeton.

From the intersection of Nassau Street and Route 206 in Princeton (Stockton Street), head south toward Lawrenceville and Trenton. At the second traffic light on Route 206, turn right onto Elm Road (which becomes Great Road), and drive for about three miles. Stuart Road will be on your right. Turn right onto Stuart Road and right again into the school driveway.

TUITION: \$275.00 (per player).



Winter 2009-2010 Player Registration Form & Medical waiver

Name: _____

Address: _____

Age: _____ DOB: _____ Gender: M F

Parent/Guardian Name(s): _____

Phone: H _____ W _____

Phone: H _____ W _____

Email: _____

Club and team name: _____

Emergency Contact (1): _____

Emergency Contact (2): _____

List all physical limitations (allergies, hearing, asthma, sight, etc): _____

Any other information you want to provide (use additional sheets if needed): _____

PLEASE PROVIDE ALL INFORMATION REQUIRED IN THIS FORM

Training Schedule:

Tuesday, December 8, 2008

Tuesday, December 15, 2009

Tuesday, January 12, 2009

Tuesday, January 19, 2009

Tuesday, January 26, 2009

Tuesday, February 2, 2009

Tuesday, February 9, 2009

Tuesday, February 23, 2009

As the parent or legal guardian of the child named above, I hereby give my full consent and approval for my child to participate as a team member in the Life Skills Through Soccer Training Program.

I understand there are certain risks of injury inherent in the practice and play of this sport, as well as in other related activities incidental to my child's participation, and I am willing to assume these risks on behalf of my child.

I hereby certify that my child is fully capable of participating in the program and that my child is healthy and has no physical or mental disabilities or infirmities that will restrict full participation in these activities, except as listed below.

In addition to giving my full consent for my child's participation, I do hereby waive, release and hold harmless to the Life Skills through Soccer Organization and Training Programs, its officers, directors, employees, and other affiliated personnel or organizations, including the owners and operators of fields and facilities utilized for the program, for any injury that may be suffered by my child in the normal course of participation in the program and the activities incidental thereto, whether the result of negligence or any other cause.

_____/_____/200()

Date Signature