



Elite Soccer Training Program

The Triangle United *Elite Soccer Training Program* provides high quality instruction and repetition to improve your player's technical skills, as well as focus on their creativity, agility, and overall ball control. Our goal is to help your player improve their technical skills so they can feel more confident and excited to play on the weekend.

The program this spring will be a 6-week program beginning Friday, March 19th and running through Friday, April 30th (no training Friday April 2nd).

Each player that registers for this program will receive (6) 1-hour Elite Soccer Training sessions. This program supplements what you are doing with your current team to allow you to bring back what you learn to your team.

Some areas we will focus on during training are as follows:

- **Agility and Coordination**
- **Dribbling and Ball Control**
- **Passing and Receiving**

When? Friday's 530-630 (ages 7-8), 630-730 (ages 9-11)

Where? Orange County Sportsplex Turf

Cost? \$80

Dates? Friday March 19, 26 and April 9, 16, 23, 30

Questions? Please contact Triangle United *Elite Soccer Training Program* Director Bobo Bokole at bbokole@triangleunited.org or by calling 919-942-1995.

