

Soccer skills are forged in the winter



- Indoor Soccer Training (including quick touches on the ball, fast decision making, small sided games and soccer specific conditioning)
- Two sessions/week from November 1st to November 29th (Tuesday & Thursdays at 6 or 7 p.m)
- Coached semi-private skills training with no more than 6 kids to practice and hone your touch skills

Use of the gym is FREE!! The only out-of-pocket cost (\$150) consists of Ali's years of knowledge and experience she brings to the sport to help your child develop into a well-rounded and skilled soccer player.

Winter participation has a sharp focus on ball handling skills and, in the older age groups, small-scale tactics and strategy. We see every year players who participate in winter practices come out in spring with significantly better individual skills.

Even injury prevention is key to having a continuous and successful soccer career. Ali has teamed up with Wisconsin Barbell to also offer sport-specific weight training (+\$75) to her awesome ball handling skills class. For a 90 minute session (30min weight training, 60min ball handling skills) you can increase your overall strength, quickness, and agility, all while improving "bullet proof" knees.

Coach Mater will sharpen your soccer skills and help take you to the next level of game play. "Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do" - Pele

over 1400sqft of turf
www.wibarbell.com

Ali Mater, Coach

Number: 9

Position: Midfielder

Height: 5'1"

Hometown: Elm Grove, WI

High School: Brookfield East ('07 Offensive MVP)

College: University of Wisconsin - Eau Claire

By Janelle's and her mother's count, her club team, with 18 players, had suffered eight A.C.L. tears — eight — during her high-school years: Janelle's two, another player's two and four other girls with one each. A high-school teammate one class above Janelle endured chronic ankle problems and, according to a Miami Herald article, six ankle operations — three in each leg — over the course of her four years on the varsity soccer team.

-http://www.nytimes.com/2008/05/11/magazine/11Girls-t.html?pagewanted=all&_r=0

If interested in training specifically on ball handling skills and the excitement of learning and developing new skills as a soccer player, please contact Ali Mater at (262) 501-7879 for more details.