

# Markham Soccer Club

## 2009/2010 “Elite Team Training (ETT)”

For Rep Players Only Ages Groups from U12 to U18

October 25<sup>th</sup>, 2009 – February 7<sup>th</sup>, 2010



### What is the ETT Program?

- One (1) hour weekly soccer development program (Sundays) held over the winter months (14 weeks) that focus on developing the technical and tactical elements of the game of soccer.
- Rep Level Team players from Markham Soccer Club only
- Our goals are simple: to improve the technical and tactical abilities of both the individual players as well as teams that represent the Markham Soccer Club.

### Where is the ETT Program held?

- The clinics are held at the Mount Joy Community Centre Indoor Soccer Field (Markham Soccer Club) every Sunday beginning October 25<sup>th</sup>, 2009



### What is the ETT Program’s format?

- 1) Fundamental focus on improving player and team skill in key areas of the game: running with the ball, dribbling, passing, shooting and receiving the ball, etc
- 2) Small sided ‘stop-action’ games to emphasize tactical principles of play (attacking and defending principles).
- 3) SAQ (Speed, Agility and Quickness) training

#### Sanford Carabin

Club Head Coach



- Canadian B License
- Ontario B License
- FA Level 1 – Psychology
- Licensed FIFA Players Agent – Represents 15 professional players and coaches
- 15 years Coaching Youth
- Academic All-Canadian Soccer

#### Richard Alexander

Technical Director  
(Girls U11-U18)



- Pre “B” Licensed Candidate
- Level 3 Coach
- Former CNSL Player
- Former Captain Syracuse University
- Head Coach Women’s Ontario Cup Champions 2004
- Coached and help over 45 female players get or prepare for soccer scholarships US over last 6 years
- Full Time Licensed Chiropractor

#### Dino Cramarossa

Technical Director  
(Boys U11 – U18)



- Pre “B” Licensed Candidate
- Level 3 Coach
- Over 15 Years coaching youth soccer
- Coach 2009 Ontario Cup Champions and OYSL League Champions
- Former Markham Player
- Current Coach U14 Boys OYSL

## What are the Times and Age Groups for this Year?

### ▪ Sunday's

- |  |                    |
|--|--------------------|
| ➤ Girls Born 1998 and 1997 (U12 and U13)     | - 11 am to 12 noon |
| ➤ Girls Born 1996 and 1995 (U14 and U15)     | - 12 noon to 1 pm  |
| ➤ Boys Born 1998 and 1997 (U12 and U13)      | - 1pm to 2 pm      |
| ➤ Boys Born 1996 and 1995 (U14 and U15) YRSL | - 2 pm to 3 pm     |
| ➤ Boys Born 1994 (U16)                       | - 3 pm to 4 pm     |
| ➤ Boys Born 1996 and 1995 (U14 and U15) OYSL | - 4 pm to 5:30 pm  |
| ➤ Girls Born 1993 and 1994 (U17 and U16)     | - 5:30 pm to 7 pm  |

## What is the timing of the Program?

- Fourteen week (14) Week program commencing **October 25**, 2009 through **February 7**, 2010

## What equipment do the players receive?

- Each player will receive their own jersey and soccer ball

## What is the cost?

- Elite Team Training - \$260.00 per player for the program

## How do I Register?

Step 1- Please complete the Registration form (available at the Club Office or download online at [www.markhamsoccer.org](http://www.markhamsoccer.org))

Step 2 - Submit completed registration form along with full payment to the Markham Soccer Club (please make payment to Markham Soccer Club)

Step 3 – You will be contacted to confirm you entry into the clinic prior to start of the program.