

Ashley Cabral
Soccer Instruction
Available: M-F 12:15-2:15pm, M//W/F 5:30-9:00pm

* = all money must be paid up front

1 on 1 session are 1 hour

1 lesson

Member	- \$30
Non-Member	- \$40

12 Lessons Package

Member	- \$300 (\$25/session)
Non-Member	- \$420 (\$35/session)

18 Lessons Package

Member	- \$360 (\$20/session)
Non-Member	- \$540 (\$30/session)

Ages 7 and under, 30 min. session

Member	-\$15
Non-Member	-\$20

Small Group (2-5 players)

1 Lesson

Member	- \$20/Player
Non-Member	- \$30/Player

*12 Lessons Package

Member	- \$15/player x 12
Non-Member	- \$25/player x 12

*18 Lessons Package

Member	- \$10/player x 18
Non-Member	- \$20/player x 18

*Large Groups/Team Training (6+ players)

Ask for prices

Positions

Any position can be trained

What I do:

Work on player development and individual skills by focusing on the ball mastery and coerver methods.

Aim to Develop

-Field Players: Ball control, first touch, dribbling, shooting, trapping, passing, heading, 1v1 moves, change of direction moves, quick feet, turning, juggling, shielding, long balls, driving balls, bending balls, set play kicks, fitness/agility
-Goalies: Reaction time, proper form, positioning, foot movement, ball control, throwing, punting, goal kicks, quick feet/agility, body backup, diving