

Ball Mastery

Program Name	Ball Mastery
About the Program	<p>United DFC is pleased to announce the rollout of Ball Mastery training for Spring 2023 to augment team programming. In response to data collected through participant surveys, this training seeks to deliver a more individualized training approach to player development at the grassroots level.</p> <p>Players will train in small groups with an emphasis on developing technical ability.</p> <p>Age groups: U8-U12</p> <p><i>Training groups will be established based on registration to ensure the appropriate division of development stages for training purposes.</i></p>
Coaches	Technical Staff and selected Staff Coaches
Training	<p>The program will run on Wednesdays, 6-8pm at Ellenvale Junior High for an initial 8 weeks, from April 5th-May 24th.</p> <p>And Fridays, 6-7:30pm at Ross Road School, for an initial 7 weeks from April 14th-May 26th.</p> <p>Sessions are 60 minutes of structured coaching with a 1:5 ratio of coaches to players.</p>
Player Selection Policy	<p>Open registration i.e. no tryouts, assessments or selection.</p> <p>Players with a focused attitude and commitment to enhancing key techniques are encouraged to enroll.</p> <p>Limit of 15 players per session.</p>
Cost	\$65
Key Dates	<p><u>Wednesday Sessions</u></p> <p>April 5th: First 8-week block of sessions begins</p> <p>May 24th: Program ends</p> <p><u>Friday Sessions</u></p> <p>April 14th: First 7-week block of sessions begins</p> <p>May 26th: Program ends</p>

