



FC MONMOUTH 20/21 WINTER PROGRAM

11/30-2/27/21



5 Points Park
50 Five Points Road
Colts Neck, NJ 07722

FC Monmouth & Colts Neck Soccer Club have designed a soccer development program to stay outside all winter. Training will be offered 7 days week. COVID-19 protocols and social distancing will be enforced from all trainers. This will be to ensure player safety.

Program Curriculum

- *Individual Foot skills*
- *Goalie Training*
- *Shooting*
- *Defending*
- *Conditioning*
- *Team Strategy*
- *Round Robin Inter 3v3,5v5 tournaments*
- *Scrimmages*

Monday

4:30-6 2015 boys & girls
6-7:30 2003/2004 boys & girls

Tuesday

4:30-6 2011/2012 boys & girls
6-7:30 2007/2008 boys & girls

Wednesday

4:30-6 2013/2014 boys & girls
6-7:30 2009/2010 boys & girls

Thursday

4:30-6 additional clinics
6-7:30 2005/2006 boys & girls
6:30-7:30 goalkeeper training

Friday

4:30-6 additional clinics
6-7:30 adult games

Saturday (Small Sided Games)

10:30-12 11/12/13/14/15 boys & girls
12-1:30 2007/08/09/10 boys & girls
1:30-3 2003/04/05/06 boys & girls

NPSL Season Tickets 2021 season

Discount on Club merchandise

Discount at soccer post

Cost \$ 100 per month

Additional instructional training will be offered suited to each player's specific skill set. These training sessions will be held for an extra fee.