

## FEATURES OF THE INDIVIDUAL DEVELOPMENT PROGRAM:

- 10 sessions
- Small groups – maximum 4 players per 1 coach
- Carefully designed program and practice sessions
- Matching players by age and skills

## RATES:

**\$175** – per player per session for Schools of Individual Technique, Speed and Agility, Strength and Durability for SC Vistula players. \$225 for players not registered at SC Vistula.

**\$250** – per player for School of Goalkeeping for SC Vistula players.

**\$325** – for players not registered at SC Vistula.

Registration at  
**scvistula.soccer**

For more information please  
email: **idp@scvistula.soccer**  
or call **201-606-5278**



# SC Vistula Garfield

Introduces the

# INDIVIDUAL DEVELOPMENT PROGRAM



## FEATURING:

- School of Individual Technique and Ball Mastery
- School of Speed & Agility
- School of Strength & Durability
- School of Goalkeeping

SC Vistula offers Individual Development Program focusing on individual approach, small group training environment (4 players to 1 coach) and rapid results. Program created to supplement the team training allowing players to work on the areas of the soccer craft they need to improve. It is design to offer an affordable, high quality and intensity sessions to maximize the result and speed up the development of the SC Vistula Players.

Small group approach allows to combine the players of the same age and skills, as well as to allow coach's individual attention to maximize the progress.

TRADITION. PASSION. FAMILY.

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### **SCHOOL OF INDIVIDUAL TECHNIQUE AND BALL MASTERY**

\$175 per player for  
10 one-hour sessions\*

Sessions will focus on mastering the ball handling, ball control and improvement of the in-game individual technique elements. They will include drills allowing players to improve the receiving, fakes and speed of play and with both feet. Sessions will also be designed to improve the speed and quality of dribbling as well as ability to improve in real time small space game situation.



### **SCHOOL OF SPEED & AGILITY**

\$175 per player for  
10 one-hour sessions\*

Practices will be run with the goal of improving the speed on the field as well as the reaction time. They will be complimented by the drills focusing on the agility of the run, cuts, direction changes and overall motor skills improvements. We will also focus on the correction of the form of the players posture while moving and running eliminating fault movements

resulting in the increase of speed and flexibility. Practices will also highlight drill allowing players to better their reach in jumps and improving the overall coordination.

### **SCHOOL OF STRENGTH AND DURABILITY**

\$175 per player for  
10 one-hour sessions\*

Program is designed to improve the durability of the players allowing them to keep their bodies in the game fit condition or improving it to get into the desired durability level. Practices will focus on fitness drills, improving muscle tone, reducing body fat as well as increasing players physical parameters. The program should allow players for better body's oxygen management resulting in increased efficiency and durability. The program will be paired with the specific dietary plan created for each player to improve the results.



### **SCHOOL OF GOALKEEPING**

\$250 per player for  
10 one-hour sessions\*

Small group sessions focusing on improving all the aspect of the goalkeeping craft. From positioning, communication, starting the play, reaction time to technical skills and hand – eye coordination. Excellent opportunity to accelerate the growth of the goalkeepers and improving their skills. Sessions will also help players to work on the individual needs and weaknesses.



\*Price for current SC Vistula Players only and based on min. 4 players. The price for the players currently not registered in SC Vistula is \$225 per player for all programs except for goalkeeper school, for which the price is \$325 per player.