



## Enhanced Training Programs

CSC teams train twice weekly during the fall and spring seasons. In addition to these training sessions, players are offered opportunities to participate in enhanced or specialized training sessions which are separate and independent from their team training sessions.

### Goal Keeper Training

Because of the uniqueness of the position, coaching goal keepers is often neglected. CSC is committed to training goal keepers of all ages. Trainers seek to enhance those personal traits needed by keepers: hand-eye coordination, agility, confidence, strength, quickness, concentration and vision. Drills focus on basic body positions, positional plays (angles), methods of collection, methods of distribution and organizing the defense.

### Super Skills

Super Skills is designed to push a player's mastery of foot skills, speed of play and ball movement. Age-specific sessions will take players through a series of drills and games focused on improving individual touch on the ball and quick pass possession.

### Striker Training

Striker training focuses on finishing. Drills will help players develop greater confidence in making forward runs, shooting from both distance and close range, tackling and on-field awareness. Combining practice of first touch and short accurate passing with methods to keep shots down will help players successfully put the ball in the back of the net.

### Winter Training

During the winter months, all CSC teams, Academy through U19, will participate in 10-13 one-hour team training sessions. These sessions focus on touch and working in small spaces. Trainings improve agility and speed on the ball and continue the development process while still allowing players down time for other sports and activities.

### Futsal

Commonwealth S.C. has been instrumental in bringing hard court futsal to our community through **Lexington Futsal League**. Futsal is the only indoor game sanctioned by FIFA. Our league brings teams from all around the central Kentucky area together during the winter months for 6 week sessions of fast-paced fun.\*

### Lexington 3v3

The **Lexington 3v3 League** offers a developmental league for players age U9-U19 during the summer months. Each team will be guaranteed ten matches over a three week period. This is a great opportunity for players to work on quick decision-making in tight spaces. The league is open to any player in the area. Grab a couple of friends and sign your team up for one or both sessions.\*

*\*Team/Player participation in Lexington Futsal or Lexington 3V3 is optional and there is an additional cost for participation.*

## Special Thanks

Commonwealth Soccer Club values hard work, commitment and excellence both on and off the field. Our mission far exceeds competitive soccer—we are dedicated to developing our players into individuals with superior sportsmanship, teamwork and ethics. Strong and healthy bodies are the fundamental building block that allows us to build young minds into future leaders. That's why a partnership with White Greer Maggard Orthodontics is so vital to our community of coaches, parents and players.

With their commitment to healthy bodies and healthy minds, White Greer Maggard Orthodontics' sponsorship allows CSC to offer supplemental programs to CSC players at no additional cost.

Commonwealth Soccer Club wishes to thank White Greer Maggard Orthodontics, not only for their support of our club and membership, but also of our community. Each year, WGM supports hundreds of youth programs, from community and school based sports programs to arts and academic programs. Their passion of creating beautiful smiles extends far beyond their office walls—their support of youth programs is creating smiles throughout Kentucky.

