



AC Sandhills Pre-Academy

Program Description

The pre-academy is designed to provide the highest quality development program for the area's most motivated and committed soccer players.

The program offers several unique benefits, including a developmentally-appropriate curriculum created and taught by licensed, professional coaches for ACS, one time a week. There will be outdoor training in the fall and spring seasons and futsal will be offered in the winter months. This program is exclusive to our ACS recreation players with a birth year of 2017 or 2018.

The curriculum emphasizes body movements and individual ball mastery, allowing the players to become more comfortable with the ball and confident and creative with their foot skills, all while nurturing their passion and enjoyment for soccer. Activities and games will follow the AC Sandhills way. Each week of training will feature a topic that will cover all aspects that we believe will be a key to develop our players.

This program will be offered on Wednesday evenings and will still allow the player to attend their recreation practices. There will be 10 sessions in the fall, 10 sessions in the spring and 6 futsal sessions in the winter. Pre-Academy practices will be located at the Aberdeen Ransdell Sportsplex, and the cost for the program will be \$450, not including the registration fee for the recreation league.