



**2026/2027**

## **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 from ACS, one time a week. There will be outdoor training in the fall and spring seasons and indoor futsal will be offered in the winter months. This program is exclusive to our U7 and U8 ACS recreation players.

The curriculum emphasizes body movements and individual ball mastery. This allows the players to become more comfortable and confident with their body and the ball, all while nurturing their passion and enjoyment for soccer. Activities and games will follow the AC Sandhills technically sound way. Each week of training will feature a topic that will cover all aspects that we believe are the keys 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 and 10 sessions in the spring. We also include 6 futsal sessions in the winter that have a value of \$125 for those registering that are not in Pre-Academy. Pre-Academy practices will be located at the Aberdeen Ransdell Sportsplex, and the cost for the program will be \$550, not including the registration fee for the recreation league.