



CARDINALS SOCCER CLINIC

Monday, January 30th 9AM-NOON

NAME: _____

ADDRESS: _____

STATE: _____ ZIP: _____

DATE OF BIRTH: ____/____/____

GENDER: M / F

Emergency Contact Information

NAME: _____

CELL: _____

WORK PHONE: _____

E-mail: _____

Parent/Guardian Signature

DEVELOPMENTAL AREAS: **Passing:** short, long, inside & outside the foot **Receiving:** First touch, low/high balls, all body surface **Shooting/ Finishing:** improving goal scoring **Dribbling:** Speed and possession **1v1 Moves:** Creative ways to elude defenders **Shielding:** Ability to protect the ball

To reserve your spot contact Verdigris Cardinals head boys coach

Justin Phillip or feel free to show up Monday morning

CLINIC WILL BE HELD AT THE VERDIGRIS HIGH SCHOOL SOCCER FIELDS

Phone: 918-798-5323 **E-mail:** jphillip@vps.k12.ok.us

Players will have opportunity through our activities, to improve individual skills, motor development with the ball, agility and balance. All players will receive lots of touches on the ball through our fast footwork, ball mastery and coordination dribbling exercises, teaching them the importance of ball control. Players will be taught how to use creative technique to solve common soccer problems.

Clinic is open to players grades 1st - 8th

Be sure to wear tennis shoes or cleats and shin guards.

Registration open at 8:30 AM

This clinic is FREE!!!

DON'T MISS OUT ON THE FUN!!!

SIGN - UP TODAY

I hereby waive all claims against and forever discharge and release participants, organizers, agents, trainers, coaches, and property owners from any and all claims, whether known or unknown, of any kind relating in any way to personal injury and/or property damage arising from or as a result of the above players participation in any activity conducted by this camp. I hereby certify that the above player in my ward and the above player is physically and mentally able to participate in all activities conducted by this camp. I hereby consent to and authorize, on behalf of the above player, any and all reasonably necessary medical, diagnostic and/or other care related to procedures as may authorized, performed and/or prescribed by a licensed physician.