



JOIN OUR WINTER YOUTH DEVELOPMENT PROGRAM 2008-09!

The FC Capital United offers Recreational Soccer Programs, bilingual & French, that combine fun and skills development for kids from 4 to 11 years old. Under the direction of our National B Licensed Club Head Coach, Traian Mateas, this program is delivered by only experienced qualified coaching staff with the objectives to teach essential skills and aptitudes that allow young players a lifelong enjoyment of soccer at the recreational, competitive or Elite level.

➤ **Winter Development Program at the Louis Riel Dome!**

4-11 years old - 1 session a week on Saturdays / Cost: \$175

When: November 1st to March 14th

Location: Louis Riel Dome - 1659 Bearbrook, Gloucester

Bilingual Program

Boys and Girls born between 01' and 98' (U7 - U11)

- Saturday, 15h00-16h00

Boys and Girls born between 04' and 02' (U4 - U6)

- Saturday, 16h00-17h00

Programme en Français

Jeunes (garçons et filles) nés entre 04' et 98' (U4 - U11)

- Samedi, 17h00-18h00

Main features of our programs

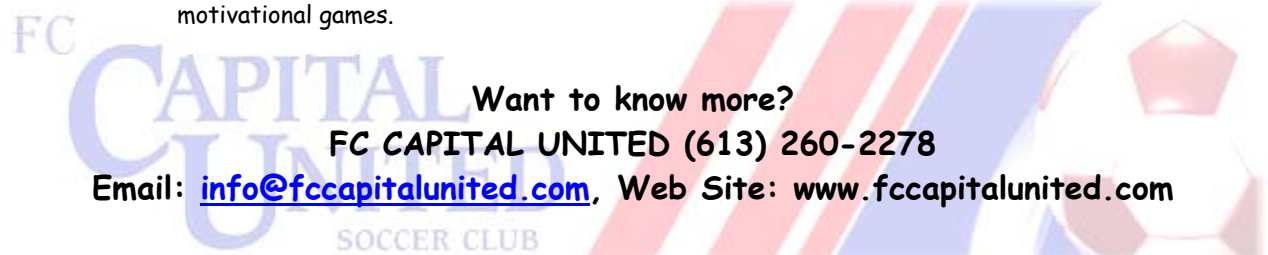
- Small Teams for maximum Field Participation
- Skills based groupings for maximum learning and enjoyment
- Small-Sided games 4 v 4
- Qualified Coaches

Focus for the 4 to 7 years old group

The fun of ball control; improving coordination and motor skills; building confidence and self esteem by touching the ball often; friendly mini-soccer activities.

Focus for the 8 to 11 years old

Enhanced ball control and « First touch » play making; applying skills and tactics; soccer specific motivational games.



Want to know more?

FC CAPITAL UNITED (613) 260-2278

Email: info@fccapitalunited.com, Web Site: www.fccapitalunited.com