



HSC 2010 Summer Programs

To register, go to www.hillsborosoccer.org

Summer Jr. Hot Shots

Jr. Hot Shots is a fun filled program designed to help children develop basic ball and motor skills. Age appropriate dribbling, passing and shooting will be introduced.

Cost \$50



Ages 3 to 5 years old

Session 1: Wednesday's, June 9 - July 28 • 11:00am-12:00pm at 53rd Ave. Fields

Session 2: Friday, June 11 - July 30 • 7:00pm - 8:00pm at South Meadows

Summer Hot Shots

Summer Hot-Shots will be comprised of 16 training sessions. Each one will consist of a brief warm-up, 30 – 45 min of technical drills and 30 – 45 min of scrimmage time.

Cost \$55

Ages 6 to 9 years old

June 8 - July 30



Tuesday's • 6:00 - 7:30 pm & Friday's 5:30 - 7:00pm at South Meadows

Week 1	Dribbling	Week 5	Receiving
Week 2	Passing	Week 6	Dribbling
Week 3	Shooting	Week 7	Passing
Week 4	Defending	Week 8	Shooting

Summer Skills School

Skills School is designed to keep players skills sharp during the summer months. It is a good added training day for those playing on summer programs or as a means to prepare players for the fall season.

Cost \$55

Ages 10 to 14 years old

June 11 - July 30



Friday's 7:10 - 8:40 pm at South Meadows

Week 1	Dribbling	(Basic Attacking Moves)
Week 2	Passing	(Driven & Curled Passes)
Week 3	Shooting	(Curling Slots & Volleys)
Week 4	Defending	(Principals of Individual Defending)
Week 5	Receiving	(Receiving Arial Balls)
Week 6	Dribbling	(Advanced Attacking Moves)
Week 7	Passing	(One and Two Touch Passing)
Week 8	Shooting	(Finishing)