



Academy



The Academy

The first season of the Academy was a huge success. We had over 200 players sign up and participate in the Academy. Both Legends players and PSA recreation players took part in this great program. A constant effort was made to give the same quality coaching that is given to our Legends players to our recreation players who form the foundation of PSA. We are back with another season of the Academy and this program will definitely be an ongoing tradition now and in the future of PSA.

How Does It Work?

The Academy is staffed by Legends coaches who run training five days a week from 4:30-5:30. The Academy is skill intensive and includes dribbling, passing, receiving, and shooting. We will give you the tools to make you a better technical player. The best benefit of the Academy though is the flexible schedule. Players can come five days a week, two days a week, or one day a week. The choice is yours. If you are a type of player that cannot go a day without training, then this program is for you.



What is It?

The Legends Academy is for all players seeking to have better skills. Each session a player can expect to touch the ball between 1,000 to 2,000 times. We will try to maximize touches effectively by teaching new skills, improving previous ones, and fine tuning weaker ones. The program is designed to help each player become a master of the soccer ball. Fridays this year will feature small-sided games between Academy players.

The Cost

The Academy will cost \$95 for the fall season. We have tried to keep costs to a minimum in this economy and we will continue to do so. We will host the Academy for approximately two and a half months, so it is less than \$3 a day. In most programs, this sort of training would cost upwards of \$100 for only 6 weeks of training and that only one day per week.

How Do I Sign Up

The Academy begins on August 17th and will run through October 30th. All players are invited to sign up for the Academy via the website, www.plainfieldsoccer.org or by calling the PSA office at (815) 439-7227.