



## 2015 Scottish Premier Training AT Deptford Soccer Association

The talented coaches from the Scottish Premier League will work with coaches to develop a custom plan tailored to the needs of your team and the individual players present at camp.

Areas of focus may include but not limited to:

- Developing technique Coaching in the game
- Moves to beat an opponent
- Defending as a team
- Shaping a team
- Goalkeeper sessions for technique and positioning
- Width, depth, penetration and support
- Micro sessions on speed & agility
- Attacking the goal Crossing & finishing
- Team analysis and feedback

### **Keeper Training:**

Registered as part of a team is included

Individual keeper training Only or Additional Keeper training = \$ 100.00

6:00 to 7:30 Monday through Friday

### **Individual Registrations:**

Monday through Friday, 2 and half hours daily.

U5 through U7 = \$70.00

U8 and up = \$100.00

### **Dates:**

Week 1 = will be August 3rd through August 7<sup>th</sup>

Week 2 = will be August 10th through August 14<sup>th</sup>

### **Times:**

Morning Session = 9:00 to 11:30

Afternoon Session = 1:00 to 3:30

Evening time slot available.

### **Cost:**

- \$1,250 per team for 5, 2 and half hour trainings.
- Teams may have up to 18 players at this cost, each additional player will cost \$75
- 50% due April 30th
- Remaining balance due June 1
- All checks made payable to DSA (Deptford Soccer Association).

## **Additional Information:**

- Train as a team or Individually part of a mixed group.
- Registered team goalies are invited to keeper training session week of their training.
- Open registration for all players ages U5 to U18
- Technical and Tactical discussion /training available to coaches.
- DVD of drills to maintain training philosophy to each coach.
- 1 on 1 training available.

## **Trainers Profile:**

1. Brian Sproul, assistant head of youth, St Mirren FC

Under 20 Academy Coach, Under 15 Academy Coach  
Academy Coordinator  
UEFA B and SFA Elite Advanced Youth License holder  
10 years experience coaching pro youth soccer

2. Paul Di Giacomo, Head coach of Community and Academy U14's

Former Professional Player  
Coach at Kilmarnock, FC  
UEFA B and SFA Elite Advanced Youth License holder

3. David Mackay, Community Development Officer, St. Mirren FC

Under 14 Academy Coach  
Higher National Diploma in Sports Coaching  
BSc in Sports studies at the University of West Scotland  
SFA Advanced Youth License holder

4. Tony Waters, Coach at Kilmarnock, FC

UEFA B Coach at Kilmarnock FC  
Goalkeeping Coach

5. James Mcharg, Kilmarnock junior academy coach

Under 12s head coach  
Specializes in younger age groups  
SFA Advanced Youth License holder

# History of teams coached:

## ST. MIRRENS FC

St. Mirren Football Club is a Scottish professional football club based in Paisley, Renfrewshire, founded in 1877. The team plays in the Scottish Premiership, having been promoted from the First Division in 2005–06. The team has two nicknames, the "Buddies" and the "Saints".

St. Mirren have won the Scottish Cup three times – 1926, 1959 and 1987 – the League Cup in 2013 and the Renfrewshire Cup 54 times. The club has played in European competition four times: UEFA Cup Winners' Cup in 1987–88 and the UEFA Cup in 1980–81, 1983–84 and 1985–86.

The club's home ground is St. Mirren Park, which since 2009 refers to the club's ground on Greenhill Road, Paisley. Between 1894 to 2009, St. Mirren Park was the name given to the club's well known former Love Street stadium.

For more information, please visit them at: <http://www.saintmirren.net/pages/>

## KILMARNOCK FC

### Scottish League Division 1

Champions 1964/65

Runners-up 1959/60, 1960/61, 1962/63, 1963/64

### Scottish First Division

Runners-up 1975/76, 1978/79, 1981/82, 1992/93

### Old Second Division

Champions 1897/98, 1898/99

Runners-up 1953-54, 1973-74

### Scottish Second Division

Runners-up 1989/90

### Scottish Qualifying Cup

1896-97

### Scottish Cup

Winners - 1919-20, 1928-29, 1996-97

Runners-up - 1897-98, 1931-32, 1937-38, 1956-57, 1959-60

### Scottish League Cup

Winners 2011-12

Runners-up 1952-53, 1960-61, 1962-63, 2000-01, 2006-07

For more information, please visit them at: <http://www.kilmarnockfc.co.uk/>

# SCOTTISH Premier Training Registration form

## Team Registration

Club Affiliation \_\_\_\_\_

Team Name \_\_\_\_\_

Age group (as of August 1st, 2015) \_\_\_\_\_

## Requested Time and Week:

Week preference (circle one):      Week 1      Week 2      Doesn't matter

Time slot preference (circle one):      Morning      Afternoon      Doesn't matter

## Coaches/Team Contact Information

Name: \_\_\_\_\_

Cell Phone Number: \_\_\_\_\_

Alternate Number: \_\_\_\_\_

## Deposit Information:

Date: \_\_\_\_\_

Amount: \_\_\_\_\_

Payment type (circle one):      Check      Cash

Check Number: \_\_\_\_\_

### COSTS:

- ✓ Team = \$1,000.00
- ✓ Individual group: \$100.00
- ✓ Rec = U5 to U7 = \$70.00
- ✓ Keeper = \$100.00

**Please attach roster.**

# Individual Player Registration

Player Name \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

## Training Requested (circle any that apply):

Group Training      Keeper Training      Additional Training      Recreation

*1 on 1 trainings, please contact [president@deptfordsoccer.net](mailto:president@deptfordsoccer.net) for more information.*

## Requested Time and Week:

Week preference (circle one):      Week 1      Week 2      Doesn't matter

Time slot preference (circle one):      Morning      Afternoon      Doesn't matter

## Deposit Information:

Date: \_\_\_\_\_

Amount: \_\_\_\_\_

Payment type (circle one):    Check    Cash

Check Number: \_\_\_\_\_

### **COSTS:**

- ✓ Team = \$1,000.00
- ✓ Individual group: \$100.00
- ✓ Rec = U5 to U7 = \$70.00
- ✓ Keeper = \$100.00