

# Dutch Total Soccer

## Instructional Clinics

### at BucksMont Indoor



#### **DTS Winter Class Schedule**

**Class Date: Monday's 11/17/2014 - 1/5/2015**

**Class Pricing: \$149 Per Player**

#### **Class Schedule:**

**5:00pm-6:00pm**

**DTS Junior Academy I (Ages 5-6)**

**DTS Junior Academy II (Ages 7-8)**

**6:00pm-7:00pm**

**Fast Footwork (Ages 7-10)**

**Power Shooting (Ages 7-10)**

**7:00pm-8:00pm**

**DTS Messi (Ages 10-14) (Advanced Class)**

**Total Dutch Defense (Ages 10-14) (Advanced Class)**

#### **Class Descriptions**

##### **DTS Junior Academy I & II (Ages 5-6) (Ages 7-8)**

The Junior Academy classes will take players through the technical aspects of Soccer; straight dribbling, zig-zag dribbling, speed dribbling as well as different moves like back moves, side moves and passing moves. The class focuses on HOW to do it; how to dribble, how to use a Cruyff turn, etc. Juniors II will feature more 1v1 and 2v1 game situations than seen in Junior Academy I. The coach will put emphasis on the decisions the players need to make and will challenge them to make better decisions as the session progresses.

##### **Fast Footwork (Ages 7-10)**

The Fast Footwork classes are based on being in control of the ball and use skills (moves) to pass the defender. The basic skills of the best players in the world are the foundation of the Fast Footwork classes. The goal of learning these skills is to be comfortable with the ball and dominate the defender in a 1 versus 1 situation.

##### **Power Shooting (Ages 7-10)**

DTS Power shooting classes are created to teach players how to make a powerful but well aimed shot. A shot that can be used to score goals. This class will go through the 7 basics steps in striking the ball correctly with both feet. The player will be taught to understand and recognize mistakes they are making and properly correct them.

##### **DTS Messi (Ages 10-14)**

In this high level class every drill demands a full control over the ball. Players will be taught to dribble with both feet and doing that in a speed as high as possible. They will also be taught to recognize open space to move and dribble in. Being able to make quick turns and accelerate in those open spaces will lead to creating more opportunities in a soccer game.

The instructors will teach the players how and when to turn away from opponents, accelerating past opponents and finishing from out of a speed dribble and many more. All of this is being practiced on the highest speed possible with full pressure.

##### **Total Dutch Defense (Ages 10-14)**

The Total Dutch Defense class will focus on a player's technical skill and game type situations when the opponent has possession of the ball. Regardless of position, all players should know what to do when the opponent has the ball.

The curriculum will focus on forcing a players to his/her weak side, weak side support, tackling, off side traps and much more! When a player becomes more confident in their defensive skills, they will then become a more aggressive player on the field as well.

**For additional information please contact:**

**[DTS@PlayBISC.com](mailto:DTS@PlayBISC.com)**