

SPORTHQ

CARY'S PREMIER MULTISPORT FACILITY

JULY

FINISH IT

Our Finishing Sessions will be focusing on players striking through the ball with good technique and a variety of different game situations. Players will learn the "Why" to different shooting techniques and ball placement on shots.

AUGUST

SEE YA!

1 of our most popular sessions, Our 1v1's sessions will teach players the importance of running with speed at defenders in space. Players will be encourage to take the ball and put pressure on the defenders.

SEPTEMBER

ZERO TO 100!

In our "Explosive" sessions players will learn to separate themselves from defenders while standing with the ball still. The players will learn how to move their feet to set themselves up to "explode" away from the defender.

OCTOBER

YOU'RE IN ON GOAL!!

In our "Receiving on the Run" session, players will learn the "Why" in movement off the ball and importance of taking a positive first touch to be "in on goal!"