



Acton-Boxboro Youth Soccer

Indoor Soccer Skills and Futsal (ISFP)

SESSION2 (all COED)

Featuring a 6 week program, ISFP includes SAQ® (Speed, Agility, and Quickness), soccer skills and Futsal games. A great way to keep fit, stay active and improve your soccer skills over the cold winter months.

The program is managed and run by Acton & Boxborough's director of coaching Mitch Doherty (Level B coach and SAQ® trainer)

Please NOTE due to limited GYM space there is room for only **24 players per session** – register online at the ABYS website NOW to avoid disappointment.

ABYS will operate a waitlist and if demand is high enough look for alternative GYM space.

Dates:

Program 2 time and dates: **January 8th, 15th, 22nd, 29th, February 5th, 12th** (all Sundays)

Times:

RECREATIONAL / TOWN

09:00am–10:00am **Micro/Kinder** 10:15–11:15 **U7/U8** 11:30–12:30 **U9/U10** 12:45pm–1:45pm **U11/U12**

Travel/Competitive

2pm -3pm **U9 – U11** 3pm – 4pm **U12 – U14** 4pm -5pm **U16-U18**

Cost: \$100

Where: Blanchard Gym – Boxborough

To register go to: <https://secure.adminsports.net/actonboxboroughmasoccer/>