



International Futbol Training Akademi (ITFA) Skills Program

We would like to take the opportunity to introduce to your club a program that will enhance, develop and supplement your club's current soccer program. We offer a program that engages players of all age groups, educates coaches and entices fans to love the game even more. Our Coaches and Technical instructors have years of experience they want to bring to your club and its members. Enhance your skills and love for the game by participating in our ITFA Skill program

Through the use of interactive drills, supportive atmosphere and high competition the ITFA Skills program Technical theme includes the following topics:

- Control, Passing, 1st touch and decision making (skill development, pressure/no pressure)
- Dribbling with obstacles (changing direction and acceleration)
- Shooting under pressure (1 v 1, 2 v 2)
- Combination plays (Small sided Games)
- Creativity in reduced spaces (Rondos and 7v7 Games)

Our Sessions are designed to help players achieve their maximum potential through progressive exercises and skills that are individually challenging, as well as appropriate to the age and ability of each player following the LTPD (Long term player development). The player's technical and tactical skills as well as their knowledge of the game will improve thus making the experience challenging and enjoyable!



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Example Program Schedule:

Dynamic Warm Up-(creative ways to improve warm ups, including fun interactive games, ball/no ball movements) Designed to prevent injuries, taking players from zero to game ready.

Skill Development- (to increase touches on the ball, focused skill development in relation passing, shooting, ball movements) Designed to create good repetitive habits to create improved muscle memory and skill development.

Attacking/Defending Strategies- (to provide real-time decision making skills with in small sided games, and activities) Designed to provide opposed pressure in game like situations to enhance skill development, and decision making under pressure.

Creating Combination Play, and Putting It All Together-(small sided games 7v7-11v11 full game situations) Designed to provide fun games with the chance to express your new knowledge and skills in a realistic game situation.

Tentative Dates:

Saturday April 21 Three Hills Soccer Association

Sunday April 22 Carstairs Minor Soccer Association

Saturday May 26 Three Hills Soccer Association

Sunday May 27 Carstairs Minor Soccer Association

Times: TBA- based on age groups/teams 1.5hrs per session (age groups U19, U17, U15, U13, U11,) 1hr sessions for (U9, U7), some age groups or teams may be combined due to numbers or participants.



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Coaches and Technical Instructors:

Our head coaches and technical instructors are all CPIC checked, along with various levels of training ranging from NCCP training to CSA-National A,B/Provincial B level training. Our staff brings a new and dynamic way of coaching which focuses on Long Term Player Development (LTPD), Grassroots, and Elite Player Pathways which are currently being developed and promoted by Canada Soccer Association (CSA) and Alberta Soccer Association (ASA).

Coach Incentives:

We can also provide a coaching experience for your coaches/parents and other technical staff. This can be provided as group or individual training/mentorship. Which can be held during, before or after the player sessions. These sessions can be provided in a classroom setting, on field experience or combination.

Please contact us for cost and program setup.

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