

TECHNICAL

- Dribbling
- Fakes & Feints
- Passing & Receiving
- Crossing
- Shooting
- Defending

SMALL GROUP TACTICS

- Movement off of the ball
- Combination Play
- Group defending
- Crossing & Finishing
- 1 v 1, 2 v 1, 2 v 2

SOCCER SPECIFIC CONDITIONING

- Speed, with and without the ball
- Agility
- Balance
- Coordination
- Acceleration
- Strength

TEAM TRAINING & COACHING EDUCATION

- Coaches may request a specific area of focus for the session
- Coaches receive a typed copy of the session plan
- Coaching Education sessions will allow coaches the choice to be active participants or observe
- During team training, coaches may co-coach or observe

One to One Soccer Training
Jen Goff
161 Carlisle Road
Westford, MA 01886

One to One Soccer Training



Take your Game to the Next Level...

Individual Training

Team Training

Coaching Education

www.onetoonesoccer.com

(978) 846-1290

info@onetoonesoccer.com

About One to One Soccer

PHILOSOPHY

One to One Soccer provides each player with specialized attention and instruction. Our goal is to develop and improve the basic techniques of soccer while introducing more advanced topics. Training sessions are developed based on the player's age, ability, needs, and interests. We also incorporate soccer specific conditioning in areas such as: acceleration, speed, agility, balance, strength, and power.

HIGHLIGHTS

- Flexible scheduling
- All necessary training equipment is provided
- Goalkeeper training available
- Various locations*

* If you choose to train at a location outside of the Boston Metro west region, an additional travel fee may apply.

JENNIFER GOFF, Head Trainer

Coaching Experience

- Mass State Olympic Development Program, U17 Girls' Head Coach
- Mass Youth Soccer, Instructional Staff
- Boston University, Assistant Coach (2003-2006)
- New England College, Head Coach (2002-2003)
- Fredonia State University, Head Coach (1999-2002)
- Springfield College, Head JV & Assistant Varsity (1996-1999)

Credentials

- Premier Coaching Diploma, National Soccer Coaches Association of America
- B Coaching License, United States Soccer Federation
- M. Ed. in Physical Education, Springfield College ('99)
- BS in Education, Plattsburgh State University ('95)
- Certified Personal Trainer
- Certified in CPR and First Aid

TRAINING OPTIONS

Hourly Rates

Individual Training.....	\$40
Partner Training*.....	\$50
Small Group Training*.....	\$60
Team Training.....	\$70
Coaching Education.....	\$70

**Partner and Small Group Training are for players of similar ability. Arrangements for partners and groups are the players' or parents' responsibility.*

CONTACT INFORMATION

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"I'm convinced that training with Jen helped me improve my play in both high school, and with a top notch club team."

-Mariel

"My 13 year-old daughter has worked with Jen for the past two years. Each session is well organized and productive. Jen's enthusiasm for the game is genuine. The kids receive lots of positive feedback and it's a real confidence-booster."

-Bob