

The best trainers in the best Facility! Make this season your best ever



Soccer Training



## Come train at North Jersey's #1 soccer training facility!

Superdome's Elite trainers and coaches are some of the most experienced, most highly regarded professionals in the industry. All classes at Waldwick location.

### **Elite Training Groups**

Weekly sessions with the highest caliber trainers and coaches giving your player that extra edge to supplement their existing Club and school efforts. These highly technical sessions will ensure they rise to the top.



See our Elite Training Group flier for the latest dates and times!

#### Touch, Move & Score

Build skills that bring your game to the next level, with training from our coaches who are experienced at developing young players. Essential ball handling, movement and finishing skills that are key to success.

Grades 1-4 –	Wednesdays, 4:00 - 5:	8 weeks - \$265	
Fall I Fall II Winter I	Sept 4 <sup>th</sup> - Oct 23 <sup>rd</sup> Oct 30 <sup>th</sup> - Dec 18 <sup>th</sup> Jan 1 <sup>st</sup> - Feb 19 <sup>th</sup>	Winter II Spring I	Feb 26 <sup>th</sup> - April 16 <sup>th</sup> April 23 <sup>rd</sup> - June 11 <sup>th</sup>
Grades 5-8 -	Wednesdays, 4:00 - 5	:00pm	8 weeks - \$265
Fall I Fall II	Sept 4 <sup>th</sup> - Oct 23 <sup>rd</sup> Oct 30 <sup>th</sup> - Dec 18 <sup>th</sup>	Winter II Spring I	Feb 26 <sup>th</sup> - April 16 <sup>th</sup> April 23 <sup>rd</sup> - June 11 <sup>th</sup>

## Winter I Jan 1<sup>st</sup> - Feb 19<sup>th</sup> Grades 1-4 - Saturdays, 9:00 - 10:00am

#### 5 weeks - \$185 / 8 weeks - \$265 / 12 weeks - \$399

Fall I (8 weeks) Sept 7 <sup>th</sup> - Oct 26 <sup>th</sup>	Winter I	Jan 4 <sup>th</sup> - Feb 22 <sup>nd</sup>
Fall I (12 weeks)Sept 7 <sup>th</sup> - Nov 30 <sup>th</sup>	Winter II	March 1 <sup>st</sup> - April 19 <sup>th</sup>
Fall II (5 weeks) Nov 2 <sup>nd</sup> - Nov 30 <sup>th</sup>	Spring I	April 26 <sup>th</sup> - June 14 <sup>th</sup>

## Intro to Soccer Ages 3 to 5



A fun-filled exposure to the planet's most popular sport for ages 3-5. Nothing beats soccer for your child's first exposure to group sports, agility, balance and being comfortable



See our Rising Stars flier for all our classes and Clinics with the latest dates and times! playing sports with others and taking instruction from coaches! Intro to Soccer is for the little ones brand new to the sport, while Soccer Skillz steps up a notch in terms of training and development while keeping it fun and enjoyable!

### **Specialized Training**

#### **Foot Skillz**

Work on advanced ball handling and movement in these intense fast footwork sessions. Dribbling, penetration, fakes and other techniques to beat opponents on the dribble.

Grades 1-4 -	Mondays, 4:00 - 5:00pr	\$265		
Fall I Fall II Winter I	Sept 2 <sup>nd</sup> - Oct 21 <sup>st</sup> Oct 28 <sup>th</sup> - Dec 16 <sup>th</sup> Dec 30 <sup>th</sup> - Feb 17 <sup>th</sup>	Winter II Spring I	Feb 24 <sup>th</sup> - April 14 <sup>th</sup> April 21 <sup>st</sup> - June 9 <sup>th</sup>	
Grades 5-8 -	Mondays, 4:00 - 5:00p	m	\$265	
Grades 5-8 - Fall I	Mondays, 4:00 - 5:00p Sept 2 <sup>nd</sup> - Oct 21 <sup>st</sup>	m Winter II	<b>\$265</b> Feb 24 <sup>th</sup> - April 14 <sup>th</sup>	

## Finishing

Boost goal-scoring ability. Learn a variety of ball striking and volleying techniques, positioning vs. defenders and more for success in the offensive end of the field.

Grades 2-4 -	Grades 2-4 - Thursdays, 4:00 - 5:00pm				
Fall I Fall II Winter I	Sept $5^{th}$ - Oct $24^{th}$ Oct $31^{st}$ - Dec $19^{th}$ Jan $2^{nd}$ - Feb $20^{th}$	Winter II Spring I	Feb 27 <sup>th</sup> - April 17 <sup>th</sup> April 27 <sup>th</sup> - June 12 <sup>th</sup>		
Grades 5-8 -	Thursdays, 4:00 - 5:00	pm	\$265		
Fall I Fall II Winter I	Sept 5 <sup>th</sup> - Oct 24 <sup>th</sup> Oct 31 <sup>st</sup> - Dec 19 <sup>th</sup> Jan 2 <sup>nd</sup> - Feb 20 <sup>th</sup>	Winter II Spring I	Feb 27 <sup>th</sup> - April 17 <sup>th</sup> April 27 <sup>th</sup> - June 12 <sup>th</sup>		
	Saturdays, 10:00 - 11:00				

#### 5 weeks - \$185 / 8 weeks - \$265 / 12 weeks - \$399

Fall I (8 weeks) Sept 7th - Oct 26th	Winter I	Jan 4 <sup>th</sup> - Feb 22 <sup>nd</sup>
Fall I (12 weeks) Sept 7th - Nov 30th	Winter II	March 1 <sup>st</sup> - April 19 <sup>th</sup>
Fall II (5 weeks) Nov 2 <sup>nd</sup> - Nov 30 <sup>th</sup>	Spring I	April 26 <sup>th</sup> - June 14 <sup>th</sup>

## **Goalkeeper Training School**

Full spectrum approach teaching students every aspect of goalkeeper positions and technical work. Strength and fitness for keepers.

#### Grades 2-5 - Saturdays, 9:00 - 10:00am 5 weeks - \$190 / 8 weeks - \$299 / 12 wee

5 weeks - \$190 / 8 weeks - \$299 / 12	weeks - \$449	
Fall I (8 weeks) Sept 7th - Oct 26th	Winter I	Jan 4 <sup>th</sup> - Feb 22 <sup>nd</sup>
Fall I (12 weeks) Sept 7 <sup>th</sup> - Nov 30 <sup>th</sup>	Winter II	March 1 <sup>st</sup> - April 19 <sup>th</sup>
Fall II (5 weeks) Nov 2 <sup>nd</sup> - Nov 30 <sup>th</sup>	Spring I	April 26 <sup>th</sup> - June 14 <sup>th</sup>

#### Grades 2-5 - Saturdays, 9:00 - 10:00am

5 weeks - \$190	/ 8 weeks - \$299 /	12 weeks - \$449

Fall I (8 weeks) Sept 7th - Oct 26th	Winter I
Fall I (12 weeks) Sept 7 <sup>th</sup> - Nov 30 <sup>th</sup>	Winter II
Fall II (5 weeks) Nov 2 <sup>nd</sup> - Nov 30 <sup>th</sup>	Spring I

Jan 4<sup>th</sup> - Feb 22<sup>nd</sup> March 1<sup>st</sup> - April 19<sup>th</sup> April 26<sup>th</sup> - June 14<sup>th</sup>

# **Soccer Training** 2024-2025



Note: Players must bring Ball, Water & Shinguards to each session.

#### **REGISTRATION FORM**

Parent's Name						
Address						
City					State	Zip
Email Address		Home	Phone		Cell Phone	
Participant's Name				Age		
Program			_ Day		Time	
🗌 Fall I 🗌 Fall II	🗌 Winter I	U Winter II	Spring I			FEE: \$
Participant's Name				_ Age		
Program			_ Day		Time	
🗆 Fall I 🗌 Fall II	🗌 Winter I	U Winter II	Spring I			FEE: \$
Participant's Name				_ Age		
Program			_ Day		Time	
🗌 Fall I 🗌 Fall II	U Winter I	U Winter II	Spring I			FEE: \$
Participant's Name				Age		
Program			_ Day		Time	
🗆 Fall I 🗌 Fall II	U Winter I	U Winter II	Spring I			FEE: \$
						TOTAL:
□ Credit Card □ Checl □ Mastercard □ Visa		n Express	Discover			
Card Number:				Expir	ation Date	_ Security Code
Billing Address						Zip
Cardholder Name			Cardho	lder Signature _		
Make checks payable to	o "Superdo	me Sports" a	nd mail to ac	ldress below.		
NO CLEATS - Turf shoes o	or sneakers o	nly				
Each playe	er must subm	nit a completed	online waiver	prior to play. Ava	ilable at <mark>superdomespo</mark>	rts.com/waivers



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