



# YOUTH ACADEMY

**U8** - March 12 & April 7, 2009

**U9** - March 19 & April 14, 2009

**U10** - March 26 & April 21, 2009

**U11** - April 2 & April 28, 2009

- All Academy clinics will be held at Kennedy Park in El Cajon

- Academy will run from 5pm - 6:15pm on scheduled days

## Phase 1

Dribbling/Stopping (Getting used to the ball) with passing and shooting

## Phase 2

Passing and moving without the ball