



# WESTON INDOOR SPORTS JUNIOR REBOUND SOCCER PRE-SEASON TRAINING

*Get ready for the 2019-20 Rebound Soccer season*

**Your training options include:**

**1. Attend training provided by our in-house coaches**

**Group training for individuals and teams** (\$30 per child for 3 sessions)

**5:15pm Friday 18<sup>th</sup> Oct, 25<sup>th</sup> Oct and 1<sup>st</sup> Nov**

Sessions must be pre-booked

(Other dates available upon request for groups of 6 or more)

These sessions are suitable for ages 5 to 14 and cover.....

- Ball skills
- Playing 1 vs 1
- Teamwork
- Attacking/defending
- Rebound strategies

Training registration forms are available at **westonis.com.au** or pick one up at Weston Indoor Sports - 45 Liardet St Weston. Lodge your training registration form:

- In person at Weston Indoor Sports or
- By email to [soccer@westonis.com.au](mailto:soccer@westonis.com.au)

**2. Book a court and run your own team training**

(\$5 per child, min - \$30 per team per booking), bibs and training balls included. Send us an email to [soccer@westonis.com.au](mailto:soccer@westonis.com.au) with your details and preferred training times or call (02) 6288 0444

For further information contact: Brett/David /Con/Tony  
at [soccer@westonis.com.au](mailto:soccer@westonis.com.au), or call (02) 6288 0444