



# Arsenal



Pride of Nebraska

## Developmental 9's - 10's

### What is included with Registration?

- League / Registration / Player Passes / Administration Fees
- Outdoor training facility (Chalco)
- Reduced rate for additional training at the Omaha Sports Complex
- 5 Full Time Directors of Coaching for increasing Soccer Development
- Superior training program; Arsenal School of Excellence

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\$375

### Facilities

- Chalco Fields (15 acres, the only club dedicated training facility in Nebraska)
- Millard Star Soccer Complex (13 plus acres of the best game fields in Nebraska)
- Discovery Soccer Complex (13 plus acres of recreational game fields)
- The Omaha Sports Complex (147<sup>th</sup> and Giles Rd.)
  - Throughout the winter months Arsenal will have the facility completely booked with only Arsenal training Monday through Friday from 5pm to 9pm
  - 80,000 sq ft of injury preventative Astro Play surface
  - State of the Art Audio Visual room (used for tactical coaching sessions, game films)

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### 38 hours of Arsenal School of Excellence

- 8 sessions of training in the fall by a “professional coach”
- 11 sessions of training in the winter at the Omaha Sports Complex by a “professional coach”
- 11 sessions of training in the winter at the Omaha Sports Complex by your team coach
- 8 sessions of training in the spring by a “professional coach”
  - Technical receiving with all body parts
  - Technical skill work to manipulate the ball
  - Technical skill work to beat a defender
  - Technical skill work to improve passing
  - Technical skill work to improve shooting
  - Tactical training in the small sided game

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\$75

### Fundamental Fitness - Arsenal Strength and Conditioning program

- 4 sessions throughout the year (included with registration)
- Biomechanical warm-up
- Pre-pubescent strength program
- Pre-pubescent speed and vertical jump program
- Pre-pubescent mobility and agility program
- Jump metrics (ACL prevention program)
- Nutrition seminar
- Street Soccer

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July 1st payment - \$150

October 1st payment - \$150

November 15th payment - \$150

Total Club, Pro Coaching, & Winter Indoor Field Rental Cost \$450 a year