



Arsenal



Pride of Nebraska

15's & Above Girl's

What is included with Registration?

\$350

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

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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 (147th and Giles Rd.)
 - The Arsenal will train exclusively from 5pm to 9pm Monday through Friday at the OSC
 - 80,000 sq ft of injury preventative Astro Play surface
 - State of the Art Audio Visual room (used for tactical coaching sessions, game films)

Pro Coach – 8 months

\$235

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- Each team will have a “Head Coach” and a “Pro Coach”. The pro coaches will be responsible for training the team once a week during the soccer seasons. They will also assist the head coach in all aspects of the team. **No additional team coaching fees.**
 - 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
 - Technical / Tactical defending (1st, 2nd and 3rd defenders)
 - Technical / Tactical midfield play
 - Technical / Tactical attacking
 - Tactical training in the specific field area (defending, midfield, attacking)
 - Tactical training in the 11v11 game
 - GK Training by Becky Sanow, former WUSA Goalkeeper

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Field Rental

\$145

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- 22 sessions of training in the winter at the Omaha Sports Complex by your team coach or pro coach
- 12 games with a multi age team. We will divide players up onto teams from multiple ages. Then every Friday night these teams will get together and play against other Arsenal multi age teams. The focus here is on the older players leadership and mentoring, while the younger players will have a chance to see what it takes to be a great soccer player at the highest levels.

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- **34 total sessions – 45 hours** throughout the winter at the Omaha Sports Complex

June 16th payment - \$75 (payment required for commitment per Nebraska State Soccer guidelines)

Aug 1st payment - \$290

September 15th payment - \$365

Total Club, Pro Coaching, & Field Rental Cost \$730 a year



Why is Xplosive Edge a mandatory program for Arsenal players?

- As soccer has grown throughout the United States there is a bigger emphasis for the US to compete at the International level regardless of gender. A soccer player like any other Athlete needs to physically prepare for the Anaerobic demands that are 85%, which means a player needs to be explosive on demand. The Xplosive edge program will train our soccer players on many fronts to include Speed, Strength, Flexibility, Power, and Agility. Also incorporated within this program are Nutrition, Hydration education programs.
- Injury prevention - by increasing the individuals strength and range of Motion and agility we decrease the chances of non contact ACL in both genders by 88% “Santa Monica Sports research foundation” The commitment to our soccer players on all four components will increase their playing career and success.

U11/U12

Cycle #1 - Aug-Sept.-Oct. (Pre and Post Test)

Cycle #2 - March-Apr.-May (Pre and Post Test)

Xplosive Edge sessions will range from 30-45 min. sessions pending upon which phase the athletes are in (base, strength, or peak). These athletes will have two sessions per week. Price of training will be \$300.

U13/U14

Cycle #1 - December-May (Pre and Post Test)

2 sessions per week, Xplosive Edge sessions will range from 30-45 min. sessions pending upon which phase the athletes are in (base, strength, or peak).

Cycle #2 - Regional preparation for all State Cup Championship teams. Price of training will be \$300.

U15-U18

Cycle #1 - Aug.-Dec. (Pre and Post Test)

2 sessions per week, Xplosive Edge sessions will range from 30-45 min. sessions pending upon which phase the athletes are in (base, strength, or peak).

Cycle #2 - May 20th-June 20th (Pre and Post Test)

4 sessions per week, Xplosive Edge sessions will range from 30-45 min. sessions pending upon which phase the athletes are in (base, strength, or peak). The training days will be Monday, Tuesday, Thursday, and Friday. Price of training will be \$360.