



# 5-A-SIDE SUNDAYS

## LEAGUE PLAY

PTUSA has created a 7 week indoor 5-A-Side league due to start January 10th. All brackets will be single gender and competitive in nature. All games will be played with a size 3, weighted ball that emphasizes the rewards of a strong technical base and encourages a possession/passing style of soccer.

### Program Details:

All games played on **Sundays ONLY** starting **Jan 10th**.

- 6 teams per bracket
- 7 week game schedule.
- 2 Age Groups (U8/U9 and U10 boys and girls)
  - 8 (min) -10 (max) players per team.
  - 2x25 min games every Sunday
  - Consistent game times.
- Team Rate: \$400.00 (\$50/player for a team of 8)

Town/Club teams wishing to enter a team into 5-A-Side Sundays may do so by calling 508-385-2014 or by filling out the attached application.

### ADDITIONAL WINTER TRAINING

Any team wishing to enter a team (at least 8 players) into the Academy Training sessions and the Sunday 5-A-Side League will receive a \$50 discount for each player (Training and League = \$175.00).

### Program Details:

PTUSA has built it's winter technical curriculum around the SAQ ideals of quicker movement with greater precision. Players will be pushed to perform the fundamentals at match pace, under pressure. Players are able to register for the Academy Training sessions as individuals or with their teams.



### The Facilities:

**Plymouth Rock Courts**, in Kingston, has 3 lined hardwood courts ideal for playing 5-A-Side.

### Dates and Venues for Skills Training Sessions:

Town:	Venue:	Days of the Week:	Time:
Barnstable	High School Field House	Tues, Starting 01/12	6-7:15pm
Kingston	Plymouth Rock Courts	Weds, Starting 01/13	5-6:30pm
Bourne	Mass Maritime Academy	Thurs, Starting 01/07	5-6:30pm

# THE ACADEMY

## THE TRAINING

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SYARMOUTH, MA  
02664  
508-385-2014  
FAX: 508-385-2045