

The Krigbaum Summer Soccer School

Individualized private
soccer instruction for all
ages



- Technique and skill improvement
- Goalkeeper Training (with PSC GK Trainer, Trevor Nelson)
- Position specific training
- Agility and speed training

Benefits to The Krigbaum Summer Soccer School:

- You can plan your summer sessions around vacations and other obligations
- You can plan sessions that all of the soccer players in the family can attend
- You will get one on one attention
- You will learn training exercises that you will be able to use on your own
- You choose your focus
- You will become a better soccer player

Suggested Age/Level Focus

Ages 6-10

- Gaining confidence in your abilities
- Learning new skills and improving on the basics
- Having fun playing soccer

Ages 11-14

- Continued technical and skill development
- Introduction of small group tactics
- Introduction of different types of fitness

High School players

- Refining the skills needed to play at a high level
- Enhancing fitness before the upcoming high school season
- Advanced technical training for those preparing for college

- ◆ Each session is one hour long, planned in advance by Jeff according to your needs
- ◆ Sessions can be individual or with small groups (up to 5)
- ◆ Sessions will be take place at the CWHS Training Fields or PSC training fields behind Kroger

Choose your focus:

Cost:

Cost for 1-2 players or families:

- 1 session: \$40
- 3 sessions: \$110
- 5 sessions: \$175

Cost for 3-5 players:

- 1 session: \$75
- 3 sessions: \$200
- 5 sessions: \$300

Every session needs to be paid in advance

Make checks payable to:
Pride Soccer Club



Jeff Krigbaum, Director

Jeff holds a degree in Physical Education (Sports Science) and Psychology. Jeff has a thorough understanding of the principles of fitness and training and uses the developmental approach when planning sessions for each individual. Jeff played soccer at Ohio Wesleyan University where he received All-America honors. Jeff is currently the Director of Training for the Pride Soccer Club and has his USSF 'D' license and NSCAA Regional Diploma.

The Krigbaum Summer Soccer School philosophy is to provide a quality training environment so that players will improve their technical and tactical abilities in order to reach their fullest potential in the game of soccer. The School will also attempt to foster an enjoyment and love for the game of soccer so that players will continue to play through high school and beyond.

Contact Jeff now, available time slots are filling up fast!!

Jeff Krigbaum
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Spend your summer learning at the Krigbaum Summer Soccer School!!!