



2009 SUNDAY TRAINING SESSIONS



When: Every other Sunday from August 16, 2009 – October 25, 2009

August 16	7th-12th graders
August 30	7th-12th graders
September 13	7th-12th graders s
September 27	7th-12th graders
October 11	7th-12th graders
October 25	7th-12th graders

Time: 3:30pm - 5:30pm

Where: Texas Tornados Training Facility
8835 Wheat Cross Drive
Houston, TX 77095
281-578-6046

Who: Any 7th-12th graders. You do not have to be a member of the Texas Tornados in order to participate. You do not need to pre-register, feel free to walk in and sign up at the door. No experience required. You will be grouped by playing experience and/or age.

What: All training for 7th graders will be stations, and all 8th-12th graders will be position training

Cost: \$40.00 per session with 48 hour advanced on-line registration
\$50.00 per session at the door

For more information please visit us on our website at www.texastornados.org!

The purpose of Sunday Skills Training Sessions is to improve technique. That means that the pace of the sessions especially in the beginning is a little slower. We are not interested in girls pounding the ball; we are more concerned in improving each athlete's technique. To play at a higher level you have to give up something to get something. We want all of our girls to have the fundamentals. I know every girl walking in thinks they have that, but it never hurts to review. Each session will progress! We call it skills training because that is our goal is to improve skills, break bad habits. It is not a time to play a lot for two reasons, we don't want anyone getting hurt during their High/Jr. High School season, and we want to encourage girls to set goals for themselves so they can tell what they are doing wrong and can self correct. Good technique helps to prevent injury. We also offer private lessons if you want one-on-one training.