

Fundamental Training

The Cage Academy prides itself to focus on the fundamental basics of football (dribbling, turning, passing, shooting, shielding, control and so on). Within the area of The Cage, our kids get many touches with the ball and we feel at the grassroots level, this is vital!

Furthermore, apart from football skills, our biggest take away is that we work on life skills for the kids too. For example- changing of behaviour, working in a team, leadership, responsibility, self righteousness at that age is extremely important. Learning to accept defeat at times and other skills to help them adapt to surroundings similar to what life would pose them at later stages through football.

Session Plan

Each session last for 1.5 hrs.

The breakdown is as follows:

30 mins - Football Fitness outside the turf pitch - Work on Agility, strength, power, endurance and so on

30-40 mins- Football technical drills- Work on basic drills - passing, dribbling, shooting, control.

20-30 mins - Intensive Corrective Match

Cost

Each Session costs 35 dollars.

There is also a one-off administrative charge of 65 dollars for the jersey printing, shorts and socks. Payment is to be made upfront at the start of the term or when starting the programme.

We have a strict '1-make-up class only' policy say if your son/daughter missed a session during the programme if payment is made at the start.

Attire

For the first session, get your kid to come in jersey, shorts and trainers.

Once we see how your son/daughter is doing, we will advise you to bring the following.

Football boots, shin pads, long socks.- Do not worry, we will advise you on this after the trials:)

Free!

We'd be happy to allocate your child 2 free trials before you make a commitment to carry on!

For any additional queries, please call Rav @ 91112267