

Cost

At Blast FC Select Soccer Academy our goal is to develop high level players. We will do everything we can to make the Academy affordable. The price of this program should come as a break to parents at a fraction of the cost of travel league soccer. The cost of this program is \$195.00 per season and that will cover coaching and training from August through October, match day expenses and uniforms. The uniform will include 2 jerseys, shorts, and socks. If there are any circumstances which require additional consideration regarding cost, please contact our director Lesh Shkreli

Registration

- The Academy will have sign-ups for boys and girls between the ages of U8 and U10 divisions.
- Registration will be held on Tuesday May 19th, Thursday May 21st, 6:30 – 8:00 p.m.
@ NCAA Fields located at
4625 Westerville Road, Columbus 43231
- Monday May 18th, Wednesday May 20th, Friday May 22nd, 6:30 – 8:00 p.m.
@ Value City Furniture fields at Easton
4475 Sunbury Road, Columbus, 43219

Contact Info:

- Lesh Shkreli, Club Director – Boys
614-882-9990, lshkreli@insight.rr.com
- Mohamood Razack, Club Director – Girls
614-419-2820, mo@pyrinex.com

BlastFC.org or Blast-FC.com



Qualifications:



Lesh Shkreli, Boys Club Director

- Director of Coaching and Training for Blast FC
- USSF A Coaching License & Youth National License
- Professional Player since 1978: Columbus Capitals, Oakland Stammers, Detroit Express, New York Eagles, Pennsylvania Stoners, and Toledo Pride
- Selected in the Top 100 influential People in Soccer in Ohio-2000
- Developed All Americans in Division I and III College Soccer
- Coached Olympic Development Program
- Coached for Ohio Dominican Soccer
- Named to the All -ASL All Star Team
- Selected as the League's Most Valuable Player



Mohamood Razack, Girls Club Director

- Former professional player born in Cape Town, South Africa.
- Has coached boys and girls at Semi Pro College, High School and club levels in the Columbus area for over 19 years.
- Many former players have become division I college players, with some now taking coaching positions in the area.
- Assistant coach for Ohio Dominican College's varsity women's team, and head coach for the Columbus W-League and Y-League teams.

Columbus Blast FC Soccer Academy

Est. 1986

Boys and Girls



*Dedicated to the long term
development of the younger
player through age appropriate
training*



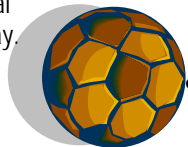
Lesh Shkreli, Club Director – Boys
Mohamood Razack, Club Director- Girls

Academy Philosophy and Blast History

- Blast FC Select Soccer Academy is a specialized developmental program designed to provide training for players between the ages of 7 to 10 years old, to prepare them for the jump into the select soccer league.
- Established in 1986, Blast FC is committed to the development of our youth players and teams as evidenced by being the longest standing select soccer club in central Ohio.
- After nearly 25 years in the select league system, Blast FC is absolutely dedicated to fielding highly competitive teams as evidenced by our reputation throughout the state and beyond. However, we believe that at the early ages, a different path must be taken to ensure the long term success of the players when incorporated into a team.
- We believe that it is vitally important to intensely develop the individual's fundamental technical skills and tactical understanding at the early ages in order to ensure the young player's long term success in the game of soccer.
- At the Blast FC Select Soccer Academy our coaching techniques are based on the USSF, NSCAA, and well proven European coaching methods.
- We have won nearly 50 state and regional cups and have been crowned champions of over 100 tournaments.
- Our teams have traveled and competed with success in Germany, Holland, Sweden, England, and France not to mention 24 states in country.

Academy Purpose

- The Academy is geared towards parents who are dedicated to their child's future ability in the game of soccer, yet recognize the need for age appropriate training.
- The Academy is geared towards players who would be candidates for select soccer yet are willing to invest some further time in their *individual* development before spending the great majority of their training time on building a competitive team.
- The academy is an investment in the future ability of our players and teams, and we have no doubt that the result of that investment of a few years will be the future emergence of a far stronger technical and tactical player than if he or she would have jumped straight to select league play.
- It is our sincere desire that through concentrated individual attention, each player will master the skills and techniques required to play the world's most popular game to their highest potential.



Academy Goals and Advantages

- We will create an atmosphere where talented players will be consistently exposed to the game with an emphasis on skill development. There will be sufficient time for team development at an age when the player has sharpened his or her individual ability and understanding.
- Create an environment where the player is encouraged to flourish in a highly competitive arena in which the focus will be placed on quality soccer and not winning and losing games.
- Create more individual time with coaches in small space games. The purpose will be to maximize touches on the ball while maintaining mental and physical involvement in game play.
- We will educate both the player and the parent in the process of long term development.

CURRICULUM

- **Juggling and ball handling skills-** It is extremely important for young players to learn proper juggling technique. It will improve their ability to bring a ball under control whether on the ground, bouncing, or being collected out of the air. It will improve their shooting ability and will eventually improve precision during the execution of long balls.
- **Technique Foundation-** Receiving, passing, and shooting.
- **Dribbling moves and feinting-** Players will be exposed to many moves designed to beat the defender through deceptive movements and feinting.
- **Heading-** Players will learn how to properly head the ball in place, while jumping and while on the run.
- **Defense Technique-** Players will learn proper technique of winning the ball, block tackling and front tackling
- **Basic Goal Keeping-** Technical and tactical.

Further Info:

- The player will be given training for about 90 minutes a day, 2 times a week. There will be an additional day each week which will be known as **match day** in which small side games will be played from August to October and second season March to May 2010.
- During winter session, our intentions are to train the players once to twice a week, and once a week league play.
- The format of match days will be 4v4 games with an additional man as a goal keeper for four 12 minute quarters with two minutes rest between quarters.
- This game will be followed by a second game of 7v7 with an additional man as a goal keeper for two 25 minute halves. We believe this will be mutually beneficial to players and parents alike in that players play far more in a confined space for nearly 2 hours, while parents are saved the hassle of traveling all over central Ohio for games that last half the time. All players will participate during competition play.

Game Tactics

- Players will learn to be efficient in small space, small sided games with the goal that they perform learned skills under pressure in 1v1, 2v2, 3v3, and 4v4 games

