



PANATHINAIKOS

OPEN TRAINING SESSIONS

"COME EXPERIENCE PAO TRAINING"

HIGH SCHOOL GIRLS: Are allowed to start attending "Open Training Sessions" once their high school season is considered complete.

OPEN TRAINING SESSIONS

DATES/TRAINING	GENDER/TIME/AGE GROUP	LOCATION
<p>Speed & Agility w/ Footskills</p> <p>MONDAY TRAINING DATES: 4/30, 5/7, 5/14, 5/21</p> <p><i>Focuses solely on individual possession, ball mastery, body control & injury prevention.</i></p>	<p>BOYS: 5:45PM-7:00PM (2010-2009)</p> <p>GIRLS: 5:45PM-7:00PM (2010-2008)</p> <p>BOYS: 7:00PM-8:15PM (2008-2006)</p> <p>GIRLS: 7:00PM-8:15PM (2007-2004)</p> <p>BOYS: 8:15PM-9:30PM (2005-2000)</p> <p>GIRLS: 8:15PM-9:30PM (2003-2000)</p>	<p>Lamborghini Athletic Centre</p> <p>49 Lawrence Street St. Charles, MO 63301</p>
<p>Tactical & Goalkeeper Training</p> <p>TUESDAY TRAINING DATES: 5/1, 5/8, 5/15, 5/22</p> <p><i>Tactical: Focuses on collective possession, situational awareness, transition play & critical thinking.</i></p> <p><i>Goalkeeper: Perfecting technique, increasing reaction time, explosive movements, positional & situational awareness.</i></p>	<p>BOYS: 6:30PM-7:45PM (2010-2007)</p> <p>GIRLS: 6:30PM-7:45PM (2010-2007)</p> <p>BOYS: 7:45PM-9:00PM (2006-2000)</p> <p>GIRLS: 7:45PM-9:00PM (2006-2000)</p>	<p>St. Charles High School</p> <p>725 N Kingshighway Street St. Charles, MO 63301</p>
<p>Shooting/Finishing Training</p> <p>SUNDAY TRAINING DATES: 4/29, 5/6, 5/13</p> <p><i>A night for goalkeepers/goal scorers! Focuses on shooting technique, setup touch, composure & decision making in front of goal.</i></p>	<p>BOYS: 6:00PM-7:15PM (2010-2007)</p> <p>GIRLS: 6:00PM-7:15PM (2010-2007)</p> <p>BOYS: 7:15PM-8:30PM (2006-2000)</p> <p>GIRLS: 7:15PM-8:30PM (2006-2000)</p>	<p>Lamborghini Athletic Centre</p> <p>49 Lawrence Street St. Charles, MO 63301</p>
<p>Team Training</p> <p>WEDNESDAY TRAINING DATES: 5/2, 5/9, 5/16, 5/23</p> <p>THURSDAY TRAINING DATES: 5/3, 5/10, 5/17, 5/24</p> <p>Work with individual teams during their team training sessions.</p>	<p>Please contact Corey Adamson for details on the day/time/location of the team training sessions that would be the best fit:</p> <p>E-Mail: cadamson@paousa.com</p> <p>Phone: (727) 641-4304</p>	<p>Lamborghini Athletic Centre</p> <p>or</p> <p>St. Charles High School</p>

Pre-Registration is required for all "Open Training Sessions", please visit: www.paousa.com to register online. All sessions are available to ANY player regardless of club affiliation and do not require a MYSA Permission to Participate Form.