



## **AFTER-SCHOOL TRAINING PROGRAM**

**Combining the area's best instructors at the area's best indoor training facility to enhance your game!**

**Four weeks of focused training for all ages and skill levels**

**One hour per session**

**On-the-ball soccer training twice per week - players aged 4-18 in grades PreK-12**

**Off-the-ball strength, speed and agility training twice per week - players aged 10-18 in grades 5-12**

**Training programs tailored for age-appropriate skill and body development**

**Train inside the climate-controlled spaces at The Yard Peoria with sessions offered Oct.-Jan.**

**Choose from four program-specific sessions, eight program-specific sessions or all 16 sessions**

### **Jim DeRose, Peoria City**

- 30+ years of collegiate coaching experience
- Winningest coach in Bradley Soccer history
- 2007 Soccer America national coach of the year
- Nine MLS SuperDraft selections
- 12 All-Americans
- 110 All-MVC awards



### **Joey O'Brien, The House Barbell Club**

- Director of Wellness & Fitness
- Founder and CEO of Built by O'B
- Specializes in:
  - Sport-specific training
  - Functional training
  - Strength training
  - Athletic fitness and development
  - Youth training

**Click QR code or visit [peoriacitysoccer.com](http://peoriacitysoccer.com) and select "Camps" for more information and to register**



# AFTER-SCHOOL TRAINING PROGRAM

<b>SESSION 1</b>	<b>SOCCER</b>	<b>STRENGTH, SPEED &amp; AGILITY</b>	<b>BUNDLED</b>
<b>Dates</b>	Oct. 20-Nov. 12	Oct. 21-Nov. 13	Oct. 20-Nov. 13
<b>Days</b>	Mondays & Wednesdays	Tuesdays & Thursdays	Monday-Thursday
<b>Times Grades (Ages)</b>	4-5:00 pm PreK-8th (4-13) 5-6:00 pm 9th-12th (14-18)	4-5:00 pm 5th-8th (10-13) 5-6:00 pm 9th-12th (14-18)	4-5:00 pm 5th-8th (10-13) 5-6:00 pm 9th-12th (14-18)
<b>The Yard Members</b>	\$100 (8 sessions, 2/week) \$70 (4 sessions, 1/week)	\$100 (8 sessions, 2/week) \$70 (4 sessions, 1/week)	\$180 (16 sessions, 4/week)
<b>Non-Members</b>	\$175 (8 sessions, 2/week) \$125 (4 sessions, 1/week)	\$175 (8 sessions, 2/week) \$125 (4 sessions, 1/week)	\$325 (16 sessions, 4/week)

<b>SESSION 2</b>	<b>SOCCER</b>	<b>STRENGTH, SPEED &amp; AGILITY</b>	<b>BUNDLED</b>
<b>Dates</b>	Nov. 17-Dec. 17, 2025	Nov. 18-Dec. 18, 2025	Nov. 17-Dec. 18, 2025
<b>Days</b>	Mondays & Wednesdays	Tuesdays & Thursdays	Monday-Thursday
<b>4:00-5:00 PM Grades (Ages)</b>	Baseball Fld: PreK-8th (4-13) Soccer Rm: 9th-12th (14-18)	Baseball Field: 5th-8th (10-13) Soccer Room 9th-12th (14-18)	Baseball Fld 5th-8th (10-13) Soccer Rm 9th-12th (14-18)
<b>The Yard Members</b>	\$100 (8 sessions, 2/week) \$70 (4 sessions, 1/week)	\$100 (8 sessions, 2/week) \$70 (4 sessions, 1/week)	\$180 (16 sessions, 4/week)
<b>Non-Members</b>	\$175 (8 sessions, 2/week) \$125 (4 sessions, 1/week)	\$175 (8 sessions, 2/week) \$125 (4 sessions, 1/week)	\$325 (16 sessions, 4/week)

<b>SESSION 3</b>	<b>SOCCER</b>	<b>STRENGTH, SPEED &amp; AGILITY</b>	<b>BUNDLED</b>
<b>Dates</b>	Jan. 5-Jan. 28, 2026	Jan. 6-Jan. 29, 2026	Jan. 5-Jan. 29, 2026
<b>Days</b>	Mondays & Wednesdays	Tuesdays & Thursdays	Monday-Thursday
<b>4:00-5:00 PM Grades (Ages)</b>	Baseball Fld: PreK-8th (4-13) Soccer Rm: 9th-12th (12-18)	Baseball Field: 5th-8th (10-13) Soccer Room 9th-12th (14-18)	Baseball Fld 5th-8th (10-13) Soccer Rm 9th-12th (14-18)
<b>The Yard Members</b>	\$100 (8 sessions, 2/week) \$70 (4 sessions, 1/week)	\$100 (8 sessions, 2/week) \$70 (4 sessions, 1/week)	\$180 (16 sessions, 4/week)
<b>Non-Members</b>	\$175 (8 sessions, 2/week) \$125 (4 sessions, 1/week)	\$175 (8 sessions, 2/week) \$125 (4 sessions, 1/week)	\$325 (16 sessions, 4/week)

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