

Sterling Programs & Director Training



Sterling Curriculum Based on the following:

- *Technical - Dribbling, passing, receiving*
- *Tactical - Soccer intelligence, ie: decision making on and off of the ball*
- *Functional training - players receive training specific to their position in a team or small group environment.*
- *Developmental - Age and ability appropriate*
- *Philosophical - Will help the coach share their philosophy with their players*
- *Players will also be encouraged to: Train at home, log and reflect on their daily soccer activities*

Under the direction of Northern Utah United's Director of Coaching, Jeff Ginn. Coach Ginn holds a Youth National coaching license, is USSF "B" licensed, and is in the process of receiving his "A". He is the former Academy Goalkeeper Coach at Real Salt Lake; Former Vice President of Soccer Operations at RSL Youth Academy Foundation; Former Assistant Coach men's and women's soccer at Iowa Western Community College (National Tournament Runner's-up 2006 & 2007 women's and Regional Runner's-up 2006 men's); Former goalkeeper coach at Real Monarch's; Former Head Coach at RSL Women's team (2015 WPSL Elite League Champions); Former DOC for Infinity SC; and Founder and Former DOC for Council Bluffs Futbol Club in Iowa; and has served as a former ODP head coach for several age groups in both Utah Youth and Iowa Youth soccer; Former HS Girls Coach at Timpanogos High School, and Played Keeper for Utah Valley State College. Jeff has now relocated back to Cache Valley, with his wife Christy and their young triplets.

Sterling 1 -

Cost: \$385 per player or \$35 per month (does not include registration fees)
35 Training team sessions a year; and 8 specific Coaching sessions for advanced training.
Highly recommended for teams with a serious desire to reach the highest levels of play.

Sterling 2 -

Cost: \$220 per player or \$20 per month (does not include registration fees)
15 Training team sessions a year with; and 8 specific Coaching sessions for advanced training.
Highly recommended for teams with a serious desire to develop; and for Coaches who want to greatly improve their training skills.

Non-Sterling Director training -

No Cost - no more than 3 per year, based on first come, first served basis and space available.
Recommended for all. Great for highly competitive teams that need a brush up on particular skills, or for new teams looking for a good training direction.

Non-Sterling Director Coaches Training -

No Cost - There will be 10 - 12 coaching education sessions throughout the year. All NUU coaches are invited.

