



Which Training Programs Are Right For Me?

Eligibility		FOUNDATION					APPLICATION			CORE								
EFC Membership Req'd?	Age	TECHNICAL					TACTICAL			MENTAL				PHYSICAL				
		Passing	Receiving	Shooting	Ball Control	Dribbling	Formations of Play	Roles and Positions	Game Strategy	Focus	Decision Making	Dealing w/ Adversity	Self Talk / Confidence	Conditioning	Endurance	Speed and Agility	Strength	
Friday Night Academy	No	U6 - U13	✓	✓	✓	✓	✓				✓	✓	✓	✓				
Wall Ball	Yes	U8 - U18	✓	✓		✓					✓	✓	✓	✓				
Eastside Technical Academy (ETA)	Yes	U10 - U18	✓	✓	✓	✓	✓				✓	✓	✓	✓				
Footwork, Agility, Speed and Strength Training (FAST)	Yes	U10 - U18									✓	✓	✓	✓	✓	✓	✓	✓
Situation Specific Training (SST)	Yes	U13 - U18*	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓				
At Home Self Practice	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺

* Coach recommendation required for players younger than U13