

**2025-2026**

# SOCCER TRAINING



**Come train at North Jersey's #1 soccer training facility! Superdome's Elite trainers and coaches are some of the most experienced, most highly regarded professionals in the industry.**

## Touch, Move & Score

Build skills that bring your game to the next level, with training from our coaches who are experienced at developing young players. Essential ball handling, movement and finishing skills that are key to success.

### Grades 1-4 – Wednesdays, 4:00 - 5:00pm 8 weeks - \$299

Fall I	Sept 3 - Oct 22	Winter II	Feb 25 - April 15
Fall II	Oct 29 - Dec 17	Spring I	April 22 - June 10
Winter I	Dec 31 - Feb 18		

### Grades 5-8 – Wednesdays, 4:00 - 5:00pm 8 weeks - \$299

Fall I	Sept 3 - Oct 22	Winter II	Feb 25 - April 15
Fall II	Oct 29 - Dec 17	Spring I	April 22 - June 10
Winter I	Dec 31 - Feb 18		

### Grades 1-4 – Saturdays, 9:00 - 10:00am

5 weeks - \$185 / 8 weeks - \$299 / 12 weeks - \$359

Fall I (12 weeks)	Sept 6 - Nov 29
Fall II (5 weeks)	Oct 30 - Nov 29
Winter I	Jan 3 - Feb 21
Winter II	Feb 28 - Apr 18
Spring I	April 25 - June 13



### Intro to Soccer Ages 3 to 5



A fun-filled exposure to the planet's most popular sport for ages 3-5. Exposure to group sports, agility, balance and being comfortable playing sports with others and taking instruction from coaches! **See our Rising Stars flier for all our classes.**

**Rising Stars**  
at Superdome Sports

## Specialized Training

### Foot Skillz

Work on advanced ball handling and movement in these intense fast footwork sessions. Dribbling, penetration, fakes and other techniques to beat opponents on the dribble.

### Grades 1-4 – Mondays, 4:00 - 5:00pm 8 weeks - \$299

Fall I	Sept 1 - Oct 20	Winter II	Feb 23 - April 13
Fall II	Oct 27 - Dec 15	Spring I	April 20 - June 8
Winter I	Dec 29 - Feb 16		

### Grades 5-8 – Mondays, 4:00 - 5:00pm 8 weeks - \$299

Fall I	Sept 1 - Oct 20	Winter II	Feb 23 - April 13
Fall II	Oct 27 - Dec 15	Spring I	April 20 - June 8
Winter I	Dec 29 - Feb 16		

### Finishing

Boost goal-scoring ability. Learn a variety of ball striking and volleying techniques, positioning vs. defenders and more for success in the offensive end of the field.

### Grades 2-4 – Thursdays, 4:00 - 5:00pm 8 weeks - \$299

Fall I	Sept 4 - Oct 23	Winter II	Feb 26 - April 16
Fall II	Oct 30 - Dec 18	Spring I	April 23 - June 11
Winter I	Jan 1 - Feb 19		

### Grades 5-8 – Thursdays, 4:00 - 5:00pm 8 weeks - \$299

Fall I	Sept 4 - Oct 23	Winter II	Feb 26 - April 16
Fall II	Oct 30 - Dec 18	Spring I	April 23 - June 11
Winter I	Jan 1 - Feb 19		

### Grades 2-4 - Saturdays, 10:00 - 11:00am

5 weeks - \$185 / 8 weeks - \$299 / 12 weeks - \$359

Fall I (12 weeks)	Sept 6 - Nov 29	Winter I	Jan 3 - Feb 21
Fall II (5 weeks)	Nov 1 - Nov 29	Winter II	Feb 28 - Apr 18
		Spring I	April 25 - June 13

## Goalkeeper Training School

Full spectrum approach teaching students every aspect of goal-keeper positions and technical work. Strength and fitness for keepers.

### Grades 2-5 – Saturdays, 9:00 - 10:00am

5 weeks - \$185 / 8 weeks - \$299 / 12 weeks - \$359

Fall I (12 weeks)	Sept 6 - Nov 29	Winter I	Jan 3 - Feb 21
Fall II (5 weeks)	Nov 1 - Nov 29	Winter II	Feb 28 - Apr 18
		Spring I	April 25 - June 13

### Grades 2-5 – Saturdays, 9:00 - 10:00am

5 weeks - \$185 / 8 weeks - \$299 / 12 weeks - \$359

Fall I (12 weeks)	Sept 6 - Nov 29	Winter I	Jan 3 - Feb 21
Fall II (5 weeks)	Nov 1 - Nov 29	Winter II	Feb 28 - Apr 18
		Spring I	April 25 - June 13



2025-2026

# SOCCER TRAINING

**REGISTER TODAY AT  
SUPERDOMESPORTS.COM/REGISTER**

Participant's Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ Class \_\_\_\_\_  
 Day \_\_\_\_\_ Time \_\_\_\_\_  Fall I  Fall II  Winter I  Winter II  Spring I FEE: \_\_\_\_\_

Participant's Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ Class \_\_\_\_\_  
 Day \_\_\_\_\_ Time \_\_\_\_\_  Fall I  Fall II  Winter I  Winter II  Spring I FEE: \_\_\_\_\_

Participant's Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ Class \_\_\_\_\_  
 Day \_\_\_\_\_ Time \_\_\_\_\_  Fall I  Fall II  Winter I  Winter II  Spring I FEE: \_\_\_\_\_

Participant's Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ Class \_\_\_\_\_  
 Day \_\_\_\_\_ Time \_\_\_\_\_  Fall I  Fall II  Winter I  Winter II  Spring I FEE: \_\_\_\_\_

Participant's Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ Class \_\_\_\_\_  
 Day \_\_\_\_\_ Time \_\_\_\_\_  Fall I  Fall II  Winter I  Winter II  Spring I FEE: \_\_\_\_\_

TOTAL: \_\_\_\_\_

Parent's Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email Address \_\_\_\_\_ Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Mastercard  Visa  American Express  Discover  Check  Cash

Card Number: \_\_\_\_\_ Expiration Date \_\_\_\_\_ Security Code \_\_\_\_\_

Billing Address \_\_\_\_\_ Zip \_\_\_\_\_

Cardholder Name \_\_\_\_\_ Cardholder Signature \_\_\_\_\_

**Make checks payable to "Superdome Sports" and mail to the address below.**

*Each player must submit a completed online waiver prior to play. Available at [superdomesports.com/waivers](http://superdomesports.com/waivers)*