



PERSONAL SOCCER COACHING

BOYS & GIRLS | AGES 3 – 12

Tailored 1-on-1 & Small Group Training to Elevate Skills, Confidence & Passion

Head Coach: Brandon Mercado — Experienced Youth Instructor focused on individual player development, technical precision, and game intelligence.

AGE-SPECIFIC SKILL DEVELOPMENT PROGRAMS

AGES 3 – 5

Little Kickers ⌚ 30 Mins

- **Basic Ball Mastery:** Fun agility games, fundamental footwork, and balance control.
- **Dribbling Fundamentals:** Gentle touches, using both feet, and keeping the ball close.
- **Motor Skills & Coordination:** Developing spatial awareness, listening skills, and confidence on the field.

AGES 6 – 8

Junior Champions ⌚ 45 Mins

- **Passing & Receiving:** Accurate ground passes with the inside of the foot and first-touch receiving.
- **1v1 Skill Moves:** Introduction to change-of-direction cuts, step-overs, and body feints to beat defenders.
- **Shooting Technique:** Proper striking mechanics, laces vs. placement, and target precision.

AGES 9 – 12

Advanced Development ⌚ 1 Hour

- **Advanced Tactical Concepts:** Positional play, off-ball movement, spatial scanning, and game awareness.
- **Speed of Play & First Touch:** Dynamic receiving under pressure, turn techniques, and quick decision-making.
- **Defensive & Attacking IQ:** Body positioning, jockeying, transition play, and finishing under fatigue.



1-on-1 & Small Group



Agility & Speed



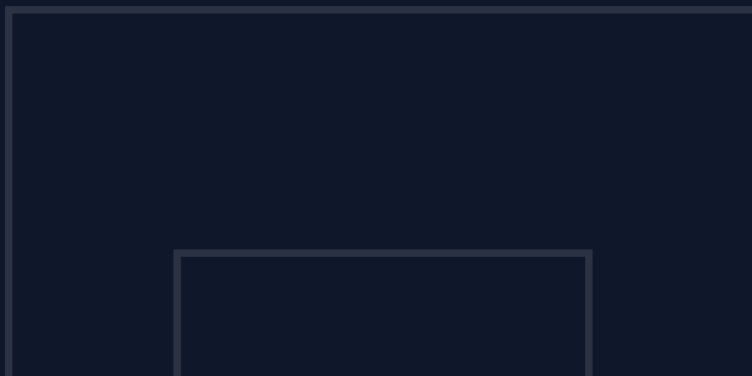
Technical Focus

BOOK YOUR PLAYER'S SESSION TODAY!



(916) 477-6270 | ✉ brme0001@gmail.com

Available for Naples, FL & Surrounding Areas • See Back Page for Session Breakdown



HOW OUR SESSIONS WORK

A Proven, Structured 4-Part Framework Designed for Maximum Touches & Growth

⌚ SESSION DURATION BREAKDOWN BY AGE GROUP

Ages 3 – 5
30 Mins
High-Energy Games

Ages 6 – 8
45 Mins
Skill & Touch Focus

Ages 9 – 12
1 Hour
Full Technical & IQ

1. Dynamic Warm-Up & Ball Mastery

Fast-paced agility ladders, cone work, and high-frequency footwork drills to maximize touches right away.

⚡ **Goal: Sharpens balance, quick feet, and initial ball confidence.**

2. Core Skill Focus

Deep dive into the session's primary technical topic—such as 1v1 skill moves, accurate passing technique, or powerful shooting mechanics.

🎯 **Goal: Progressive drills build muscle memory without fear of making mistakes.**

3. Game-Realistic Application

Putting new skills to the test in pressure drills, active 1v1 / 2v2 mini-games, and match-like scenarios.

⚽ **Goal: Teaches players WHEN and WHY to execute moves during real games.**

4. Cool-Down & Personal Feedback

Light stretching, session recap, and 1-2 specific "homework" exercises for players to practice at home.

📋 **Goal: Keeps parents informed and encourages independent player effort.**

THE PARENT ASSURANCE

- **Ages 3–5 (30 Mins):** High energy and playful games that secretly teach balance and ball control.
- **Ages 6–8 (45 Mins):** Positive reinforcement building fundamental skills and joy on the ball.
- **Ages 9–12 (1 Hour):** High-tempo details and tactical concepts that translate directly to team performance.

READY TO GET STARTED?



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