



Fundamental Training

The Cage Academy takes pride in offering soccer coaching that focuses on the fundamental basics of football (dribbling, turning, passing, shooting, shielding, control and so on).

Conducted within The Cage Kallang, our kids come in regular contact with the ball and we believe this is vital to develop the love that your child has for the game.

Apart from football skills, our biggest takeaway is that we impart life skills to the kids, too. Some of the skills our coaches teach include changing of behaviour, working in a team, leadership, responsibility, self-righteousness – all of which are vital to learn from a young age. Through football, the kids learn things like accepting defeat and other skills that help them adjust to situations they may face at later stages in life.

Session Plan

Wednesday sessions last for 1 hour.

The breakdown is as follows:

- 30 mins - intensive work with individuals on different weaknesses and strengths accordingly
- 15 mins - corrective match
- 15 mins - match play

Saturday sessions last for 1.5 hours.

The breakdown is as follows:

- 30 mins - Football Fitness outside the turf pitch. Work on Agility, strength, power, endurance and so on
- 30-40 mins - Football technical drills. Work on basic drills-passing, dribbling, shooting, control
- 20-30 mins - Intensive Corrective Match



Cost

Wednesday sessions cost S\$30 / session
Saturday sessions costs S\$35 / session

There is also a one-off administrative charge of S\$65 for the jersey printing, shorts and socks. Payment is to be made upfront at the start of the term or when starting the programme.

We have a strict '1-make-up class only' policy if you made payment at the start of the programme's term, and if your son/daughter missed a session.

Attire

For the first session, your child should come in his or her own jersey, shorts and trainers.

Once we understand how your son/daughter is performing, we will advise you to bring the following: Football boots, shin pads, long socks.

More details will be shared after trial sessions.

Free!

We are happy to offer **two free trials** for your child before you make a commitment to carry on! Call 9111 2267 to book your trials.

Additional Services

The Cage Academy is a great place to celebrate your child's birthday. Get your child's friends to come along for a quick soccer training session and then have cake and goodies later.

Our coaches also conduct 1-to-1 private football coaching sessions for beginner and advanced football enthusiasts. Contact us for more details.

For any additional queries, please call Rav @ 91112267

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