

**Colchester United Ladies FC  
Girls' Mini-Soccer  
Ages 5-12**

*Starting SATURDAY MARCH 5<sup>th</sup> 2011  
COLCHESTER UNITED LADIES FC of the FA WOMEN'S PREMIER LEAGUE  
are pleased to announce the launch of their*

## **GIRLS' MINI-SOCCER PROGRAMME**

*The programme is an ideal introduction to the game as well as an opportunity for young players to learn and develop in a relaxed and supportive environment. The sessions will focus on development of physical and technical skills followed by structured small sided matches*

### **SESSION DETAILS**

- Every Saturday from 12:00 noon until 1:30pm at Shrub End Community & Sports Centre, Boadicea Way, Colchester CO2 9BG
- Play on our state of the art 3G astro pitch – no weather cancellations!
- Coaching from FA qualified, CRB checked, Colchester United Ladies FC players and coaching staff!
- Scouting for Colchester United FA Girls' Centre of Excellence!
- Structured sessions in a positive environment:  
10 mins FIFA '11+' based warm up  
30 mins agility and skills work  
40 mins organized mini-soccer without 'win at all costs' atmosphere!
- Specialist goalkeeper training available from CULFC 'keepers!
- 'COME & PLAY' No pre-register required just show up and give it a try!
- Ages 5-12 welcome! Just £4.00 per session payable on the day!

*For more info visit [www.colchesterunitedladiesfc.com](http://www.colchesterunitedladiesfc.com)  
Email: [femalefootball@cucst.org.uk](mailto:femalefootball@cucst.org.uk) or call 01206 216408*

