



OZO Soccer School

<p>In a non-competitive atmosphere, the activity Petit Soccer aims to promote and teach</p> <ul style="list-style-type: none"> • Basic techniques in soccer • Good sportsmanship • The fairplay • Team play <p>The number of places is limited</p>		
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<p>Position of the foot before the shot: depending on whether you want the ball to be lifted, brushed or flat.</p>		<p>Control of the ball: do not dribble unnecessarily if you can make a pass</p>	
<p>Tackling: Important for the defender, but watch out for the red card if it is poorly executed. You could also hurt yourself.</p>		<p>Throw in: poorly executed, the advantage goes to the opposing team</p>	
<p>Control of the ball: at the reception of the ball, if you do not control it, the opponent is likely to take it</p>		<p>Control with the head: the forehead and both sides of the head are appropriate to avoid headaches</p>	
<p>Juggling: very beautiful for the show and the dribbling. But beware of your tibia that may spoil your joy</p>		<p>Plunging head: what joy so well executed. But, AIE, if you take it on the nose</p>	
<p>Pigeon's wing: pass the ball over the opponent's head</p>		<p>Slalom: to sneak between several players, what a joy, but provided that the ball sticks to your foot</p>	
<p>Goalkeeper: Falling back to receiving the ball will save you from injury</p>		<p>Facing the goal: empty or with a goalkeeper, you must remain calm to increase your chances of scoring.</p>	

It is not a matter	X	It's about	✓
<p>of putting several young people face-to-face and let them play by throwing some instructions from time to time</p>		<ul style="list-style-type: none"> • Training workshops with one theme per workshop. • The young person learns to perform the technique as many times as necessary. • Training is individualized and non-comparative. 	
<p>Try a session before registering your child.</p>		<p>Place : Field and Henri-Bourassa Gymnasium,</p> <p>Contact : Bernard or Oscar (514) 881-7216</p>	