

FOOTVOLLEY TRAINING



(Coach Nic at the 2009 World championship in Miami)

Footvolley is a game created by Brazilian soccer players at the beaches of Rio de Janeiro. It is played over the volleyball net on a sand court. However, you are only allowed soccer touches like: Head, feet, thighs, shoulders and chest.

What simply began, as a fun activity at the beach soon became an official sport and an integral part of soccer training for most major clubs in Brazil and Europe.

Coach Nic Cardoso has played footvolley at the highest level in Brazil and in the world. He has played with many soccer celebrities such as: Romario, Zico, Ronaldo, Juan, Julio Cesar, just to mention a few Brazilian National Team Stars.

Nic won several tournaments and lately placed among the top 4 in the world footvolley championship in Miami.

Since the games and training sessions are done on the sand, the soccer players will benefit tremendously not only technically but also physically.

Physically

- Speed training
- Agility Training
- Aerobic Conditioning training (interval training)
- Flexibility
- Balance

Technically

- Free kick skill (serving from the ground with accuracy over the net)
- Passing in the air
- Controlling and Trapping skills (feet, thighs, chest and head)
- Heading
- Bicycle and flip kicks

Location: UWF sand volleyball court (location subjected to change)

Days: Fridays

Time: U11 & U12 - 4:00 PM / U13 & U14 - 5:00 PM / U15 and Up - 6:00 PM

Cost: \$12.50 a session with a monthly commitment.

Ages: U11 - U18 boys and girls

First Session: September 3rd.

Video: <http://www.youtube.com/watch?v=mAV66MKhNWE&feature=related>

Please contact Nic Cardoso for more information: 850-529-6136 or email:

nicolaucardoso@hotmail.com

Number of players is limited and participants will be taken as first come first serve basis.

