



DRIBBLING, PASSING, RECEIVING, SHIELDING,
JUGGLING and MORE!!! FOR PLAYERS U9-U14

TECHNIQUE TRAINING

Technique Training

There is no doubt that technique (skill) is the most important aspect a youth player should develop. A player must have complete mastery of the ball under pressure and at game speed in order to be any type of successful player. The United States has a reputation for having players with great mastery of the ball with no pressure, but their technique drops as soon as they face a defender.

The International Indoor Soccer Arena's new technique training program is designed to help players develop skill while facing the pressure of a defender. We will help you master the skills necessary- **dribbling to beat an opponent, dribbling to keep the ball, short and long passing, and receiving with all surfaces of the body.** This program is a complete progression so it is best to attend the entire 8-week course, although players can also benefit from attending a few classes.

Gabe Nosseir designed the program. He is the coach of the u17 boys Elite FC Gladiators, a top 10 team in the country. The Gladiators were ranked as high as #1 in the nation in the spring of 2009. He coached both girls and boys players in the past who played Division I, II, and III college soccer. Numerous college coaches from universities of all levels are recruiting the Gladiators players. The team competes at the highest level of youth soccer in the United States.

Gabe understands the importance of technical training and most importantly, how to do it the right way.

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in the International Indoor Soccer Arena's activities ("Activity") I, for myself for personal representatives, assigns, heirs, and next of kin:

1. **ACKNOWLEDGE**, agree, and represent that I understand the nature of Indoor Soccer Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. **FULLY UNDERSTAND THAT: (a) INDOOR SOCCER ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS");** (b) these Risks and dangers may be caused by my own actions or inaction's, the actions or inaction's of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be **OTHER RISK AND SOCIAL AND ECONOMIC LOSSES** either not known to me or not readily foreseeable at this time; and I **FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES** I incur as a result of my participation or that of the minor in the Activity.
3. **HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE** Nosseir LLC AKA International Indoor Soccer Arena, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owner and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) **FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND I FURTHER AGREE** that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Printed Name of Participant: _____ **Birth date** _____

Address: _____

Phone: _____ **Email** _____

Participant's Signature (Only if 18 or over) _____

Date: _____

MINOR RELEASE

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF INDOOR SOCCER ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATION AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

Printed Name of Parent/Guardian: _____

Address: _____

PARENT/GUARDIAN SIGNATURE _____ **Date:** _____

INTERNATIONAL INDOOR SOCCER ARENA TECHNIQUE TRAINING

Ages: u9-u14

When: Choose Either:

Mondays 4:30-5:45- 3/1, 3/8, 3/22, 3/29, 4/5, 4/12, 4/19, 4/26

or

Thursdays 4:30-5:45- 3/4, 3/11, 3/25, 4/1, 4/8, 4/15, 4/22, 4/29

Price: \$100 for the entire 8 week session or \$15 per session

Requirements: Parents must sign a waiver for his/her child. Players need a ball and indoor/ tennis shoes for every session. Shin guards are also required.

Register: gabe@internationalindoor.com or call 266-3653

**You can also register at the International Indoor Soccer Arena
5110 Copper Ave NE
Albuquerque, NM
87108**

Check one- Mondays_____ Thursdays_____

Name:_____ Date of Birth___/___/___ u-_____

Address:_____ City_____

State:_____ Zip:_____ E-mail address:_____

Home Phone:_____ Cell Phone:_____ T-Shirt Size_____

Club Team (if any)_____

Emergency Contact_____ Emergency Phone:_____



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www.internationalindoor.com