

FOR IMMEDIATE RELEASE

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ABC Soccer Program Aims to Improve Fitness and Soccer Skills

There's a new type of soccer program in town and it's aiming to improve more than just kid's soccer skills. The ABC Soccer Program is a six week soccer instruction program designed to aid player development in the areas of Agility, Balance, and Coordination through proper running technique as well as basic soccer skills like dribbling, passing, shooting and teamwork.

This approach to soccer instruction provides an excellent introduction to cardiovascular exercise for young athletes and the techniques learned can translate across all sports.

"Exercise along with a healthy balanced diet sets our children up for a strong healthy lifestyle in which they become fit for life," said Coach Kel Phillips, Founder, Program Director and Lead Instructor of ABC Soccer Programs.

The City of Pensacola Parks and Recreation Department is introducing the ABC Soccer Program this spring at Legion Field. The first session of the program for ages 4-12 will begin April 13. Classes will be held each Wednesday from 3 pm to 5pm through May 18. The cost per child is \$60 and registration can be completed in person at Fricker, Cobb and Woodland Heights Resource Centers.

To get kids and families excited about signing up for the first session, a Free Clinic Day is scheduled at Legion Field on Saturday, April 9th from 10 a.m. to 2 p.m.

Additional details about this and other youth sports programs is available online at PlayPensacola.com. For questions about registration and the ABC Soccer Program offered in the City's neighborhood resource centers call Justin Pierce, Recreation Area Manager at Fricker Resource Center, (850) 436-5195 or email him at jpierce@cityofpensacola.com.

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