



A-SPORTS



WOMEN'S FOOTBALL SESSIONS

Providing fun and engaging
social football classes for
women in Banpo

FOOTBALL CLASSES
FOR WOMEN

WITH A
**HOLISTIC
APPROACH**

**CONTACT
US NOW**



Kakao ID:
aeoniansports



Email:
kevin@a-sports.kr



Mondays 6.30-7.30PM
Banpo Sports Complex

WE OFFER



PHYSICAL, TECHNICAL & TACTICAL TRAINING

- Agility, Balance, Coordination, Strength
- Speed, Reactivity, Stamina, Explosivity
- Diet, Sleep, Health Management



FUN GAMES & MATCHES

- Ball Mastery with both feet (passing short and long, shooting, dribbling, controlling) in movement (turning, running)
- Position specific understanding and practice



MENTAL & ANALYTICAL SUPPORT

- Decision Making, Focus, 1v1 Domination, Multiple outcome practices, psychological consultancy, self confidence building
- Games / Performance analysis and evaluation

www.a-sports.kr

GROW WITH US

ABOUT OUR COACHING TEAM

ELITE LEVEL SPORTS PLAYERS

PROGRAM OBJECTIVES

Healthy Lifestyle

Playing Sports
Social Games
Being active

Structured sessions

Qualified and experienced coaches will guide you through warm ups, technical drills, tactical plays and team building skills.

Games

All our sessions will included fun and fair opportunities to practice and play games

Social Community and special events

Meet people, make new friends from all over the world, socialize and enjoy special events for the community.

MULTI SPORTS COACHING

- **Gaelic Football Coach**
- Elite level player
- **Football Coach**
- 5 years experience coaching
experience in Korea
- **Multisport Coach**
- Coaching fundamental movement skills that apply to all sports
- **Life Skills Coach**
- Coaching principles of teamwork and personal performance skills

