

The Odyssey Sports Soccer Club is proud to announce that we will be holding indoor soccer training at the:

Accelerate Sports Complex

5241 Judd Road

Whitesboro, NY 13492

Odyssey indoor registration is now open

Log into you Blue Sombrero account and register today!

The Mission of Odyssey is to inspire and nurture the soccer journeys of our players through an inclusive, child-centered developmental philosophy that empowers young people to achieve the soccer aspirations they set for themselves.

Odyssey will embrace this mission in a whole new way this year through a new, redesigned Development Program that focuses on each individual player's progressive needs and guides them through a curriculum consisting of Fundamental and Functional Training. Training and game fees will be separate this year to give teams and players more flexibility throughout the indoor season to participate.

Fundamental Training: This training focuses on consistently exposing players to technical exercises that enhance their ball skills, sports performance to improve their overall athleticism, and small-sided games used to encourage free play, which allows them to work on important soccer skills.

Functional Training: This training focuses on specific functional activities such as passing, defending, attacking, shooting, and small sided group play.

Odyssey indoor training will begin on Tuesday November 22nd and end on Thursday April 6th. This is a 16-week program consisting of two training sessions per week for a total of 40 training hours. Training will consist of one training session on Tuesdays for one hour and one training session on Thursdays for 1-1/2 hours. Players will be divided into groups by coaches based on skill levels at the training sessions and rotate through stations.

Tuesday training will be on half field (150'x150'):

December – April 4

Group A (U8-U12 players) will practice from 5:00 pm – 6:00 pm

Group B (U13-U18 players) will practice from 6:00 pm – 7:00 pm

Thursday training will be on a full field (300'x150'):

December ONLY: Both Groups A & B will practice from 7:00pm - 8:30 pm

January-March: Both Groups A & B will practice 5:00 pm - 6:30 pm

Coaching:

All players will be coached by the Odyssey coaches as they move through each training drill / station, giving each player the benefit of experiencing each of our highly qualified and talented coaches.

This year's Odyssey coaches will be (but are not limited to):

- Sinead McSharry, Hamilton College
- Mark Plotkin, Colgate University
- Alyssa Manoogian, Colgate University
- Jenna Gibney, Colgate University
- Tyler Keever, Colgate University
- Erica Maxam, Hamilton Orthopaedic (Sports Performance)

Indoor Games (Optional): Players will have the opportunity to play in the Accelerate Indoor League as a supplement to training. Odyssey Teams will be grouped in two-year blocks (U7/U8, U9/U10, U11/U12, U13/U14, U15/U16, U17/U18). These games will provide players with a positive competitive playing environment, which will enhance their learning and allow them to enjoy the game experience, while also putting their skills to work in game play.

The Leagues will be offered in three 8-week blocks beginning in November and running through May. We will send details in a separate email including dates and sign-up deadlines.

Please NOTE:

Each player MUST complete the Accelerate Waiver (attached) prior to the first training session.

Only indoor turf soccer shoes or sneakers are allowed in the facility – no outdoor cleats.

Spring Training: We will provide details on Spring Training in a separate email. The cost in Blue Sombrero is for Indoor Season ONLY.

If you have any questions, please contact us at odysseyanswers@gmail.com.