

### About the Program

The Saturday Morning Shooting program is open to Alaska Rush players of all teams. The purpose of Saturday Morning Shooting is to provide forwards and other attack-minded players repetitious shooting opportunities in front of goal through a variety of technical and skill training. Each player should receive approximately 80 shots per session with an estimated 12:1 player to coach ratio.

Additionally, the Saturday Morning Shooting program will also offer GK:1 Training goalkeepers the opportunity to apply a variety of technical points to a more match-related training environment.

### Divisions & Schedules:

The Fall 2014 and Winter 2015 Saturday Morning Shooting sessions will take place every Saturday of each month at the [Fox Hollow Dome](#) commencing October 4, 2014 and concluding for the season on February 28, 2015 in [Fox Hollow](#).

- **Saturday Morning Shooting (Youth/Juniors/Seniors): 9:00-9:45am**
- **Saturday Morning Shooting (Youth/Juniors/Seniors): 10:00-10:45am**

Beginning March 7, the remainder of the Winter 2015 Saturday Morning Shooting sessions will follow the below schedule while in [Fox Hollow](#), and conclude indoors for the season on May 9, 2015 and recommence outdoors on May 16, 2015 on Lloyd Steele Park.

- **Saturday Morning Shooting (Youth/Juniors/Seniors): 9:00-9:45am**

The Summer 2015 Saturday Morning Shooting sessions will recommence August 1, 2015 on [Lloyd Steele Park](#) and take place every [Saturday](#) with the exception of the Saturday of the Alaska Youth Soccer State Cup (June 8, 2015). The Saturday Morning Shooting outdoor schedule will conclude September 26, 2015.

- **Saturday Morning Shooting (Youth/Juniors/Seniors): 10:00-10:45am**
- **Saturday Morning Shooting (Youth/Juniors/Seniors): 11:00-11:45am**

For more information, please feel free to contact the Technical Director [Jason Leonardis](#).