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SOUTH AFRICA'S WEEKLY AD ONLY DIGITAL PAMPHLET



VOLUME 1 ISSUE 7

by iloveza.com

01 March 2019

WIN



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34⁹⁰



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Ts & Cs apply. Available daily until 11am. Cash only. Not in conjunction with other promotions.
The visuals are for descriptive purposes and meals served could vary.

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WALK FOR A GOOD CAUSE

Epilepsy Purple Day

DATE: 24 MARCH 2019

TIME: 10 AM - 12 PM (ASSEMBLE @ 9H30 AM)

VENUE: 484 DAN TLOOME RD, TEMBISA, JHB

DISTANCE: 2,8KM

AT 9H30 WE WILL ASSEMBLE AT T-SHAD COMMUNITY HALL. 10 AM OUR AWARENESS WALK WILL COMMENCE 1.4 KM TO EKUHULERN PARK. AT THE PARK WATER STATION WILL BE AVAILABLE WITH A FIRST AID DEMONSTRATION. LASTLY A WELL KNOWN DJ WILL PROVIDE ENTERTAINMENT. 12H30 WE WILL WALK 1.4 KM AND RETURN TO T-SHAD COMMUNITY HALL.

Contact Person: Tania Van Heerden

0837105927

epilepsyawarenesspurpleday.za@gmail.com



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<https://heartnetsa.co.za>

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1684 ,Johannesburg South Africa

Email: rubina@heartnetsa.co.za/

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THE SOCCER STUDIO®

The Soccer Studio® (TSS) is a football development school with innovative and fun coaching methods for young footballers.

We are your football development coaching specialists.



WHAT ARE WE ABOUT?

The Soccer Studio® (TSS) is a brand new football school that has turned 1 year old in April 2018. TSS has been created with the idea of providing high quality training sessions to players aged 4 - 14 years and ensuring development is done correctly. One of our mottos are develop first and winning will come naturally and this is something that The Soccer Studio® really strives towards. We pride ourselves on the quality of training and our number one goal is to ensure players improve with each passing session. We also take videos of players and upload them on social media networks such as YouTube, Instagram and Facebook for greater exposure.

The Soccer Studio® (TSS) is the grassroots development structure for Hola Skoko Football Academy.

CORE SERVICES

- Fundamentals of football are focused on such as correct techniques of passing, receiving, dribbling, shooting, heading and goalkeeper training which is extremely important for ages 5-14.
- Video submissions on world wide platforms.
- Ball Mastery (being comfortable on the ball and mastering certain techniques).
- Basic forms of attack and defense.
- Training sessions designed around the fundamental factors of performance at grassroots level.
- SAFA accredited coaches (SAFA D and C License Coaches).
- Focus on the Long Term Player Development Model (LTPDM)
- Football reports done for each player

TRAINING SCHEDULE

The Soccer Studio® (TSS) training begins on the 4th February 2019 (Monday at 7:00pm) at Lenasia Model Primary School.

The coaching program allows for a maximum of 15 players in each division. The sessions are planned by each coach and run accordingly. All sessions MUST incorporate speed, ball mastery, 1v1 and small sided games. Training sessions are 60 minutes long.

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Photo by Len Fihno.



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