

# ST MIRREN COMMUNITY FOOTBALL CENTRES 2012

Tel : 0141 840 6131

[www.saintmirren-community.net](http://www.saintmirren-community.net)

**MONDAYS** - Classes restart W/B 16th January 12

Johnstone High School : 4-6 years : 6.00pm to 7.00pm

Johnstone High School : 7-12 years : 7.00pm to 8.00pm

## TUESDAYS

EXTRA TIME at St Mirren Park : 7-12 years 4.30pm to 5.30pm

Gleniffer High School : 4-6years : 6.00pm to 7.00pm

Gleniffer High School : 7-12 years : 7.00pm to 8.00pm

Newmains Primary School : 4-6years : 6.00pm to 7.00pm

Newmains Primary School : 7-12 years : 7.00pm to 8.00pm

Kilbarchan Primary School : 4-12 years : 6.00pm to 7.00pm

## WEDNESDAYS

EXTRA TIME at St Mirren Park : 7-12 years 4.30pm to 5.30pm

Ralston Primary School : 4-6 years : 6.00pm to 7.00pm

Ralston Primary School : 7-12 years : 7.00pm to 8.00pm

## THURSDAYS

EXTRA TIME GKs at St Mirren Park : 7-12 years 4.30pm to 5.30pm

Lochwinnoch Indoor Football : 4-6 years : 4.00pm to 5.00pm

Lochwinnoch Indoor Football : 7-12 years : 5.00pm to 6.00pm

## FRIDAYS

Erskine Park Mains HS : 4-6 years : 6.00pm to 7.00pm

Erskine Park Mains HS : 7-12 years : 7.00pm to 8.00pm

Gryffe High School: Primary 1s : 6.00pm to 7.00pm

Gryffe High School: Primary 2s : 7.00pm to 8.00pm

## SATURDAYS

St Mirren Park : 4 years only : 9.00am-10.00am

St Mirren Park : 5-7 years : 10.00am-11.00am

St Mirren Park : 8-12 years : 11.00am-12.00pm

## SUNDAYS

St Mirren Park : 4-6 years : 10.00am to 11.00am

St Mirren Park : 7-12 years : 11.00am to 12.00pm

St Mirren Park : 8-12 years (Support Needs) : 12pm-1pm



## PAY AND PLAY !

ONLY £3.50 per session

Play in a safe environment

Enjoy playing football

Improve your football skills

Qualified SMFC/SFA coaches

Small-sided fun games

For boys & girls of all ability

1st session FREE for  
unregistered participants



# PANDA YOUNG SUPPORTERS CLUB

**1st Panda Club FREE with this leaflet \***



Panda Club is open to boys and girls aged 5–14 years old

Package costs only £5.00 per player for every St Mirren home match.

This includes ;

Coaching for 1 hour before game  
Loads of football fun on your own exclusive Panda Pitch

1 match day child's ticket

Children accompanied and supervised by St Mirren Community coaches at the match.

Seated in "Panda Area" of Stadium

Football sessions take place on the 5-a-side parks at the North Stand End of Stadium.

Register your interest by calling 0141 840 6131 or email [community@saintmirren.net](mailto:community@saintmirren.net)

\* for unregistered players



# "EXTRA TIME" FOOTBALL CENTRES

at St Mirren Park at 4.30pm

EVERY TUESDAY

**SPEED, AGILITY AND QUICKNESS**

Have fun and improve your football using the specialist equipment. Quick speed through hurdles, ladders, poles, mannequins and the reaction boards will add to your game and reactions.

EVERY WEDNESDAY

**SHOOTING & FINISHING**

Shooting and scoring goals is something that every young player enjoys ! Wednesday nights will focus on coaching the correct technique and skills for all good goalscorers.

EVERY THURSDAY

**GOALKEEPERS CLASS**

Improve your goalkeeping skills and overall game with drills and fun goalkeeping based games.

The Thursday classes will cover shot stopping, handling, movement, cross balls, distribution and communication.

# GIRLS ONLY CENTRES

The girls and women's game is on the up !

Indeed, FIFA has recently confirmed that there are 29 million females playing football across the world !!

Participation in organised girls football has increased over the past number of years and St Mirren in the Community in partnership with the Scottish FA will support and offer new programmes aimed at "girls only" in 2012.

Please register your details at

[www.saintmirren-community.net/girls-football](http://www.saintmirren-community.net/girls-football)

and we'll keep you updated with our exciting new initiatives.

