

# SOCCER CAMP

Youth Instructional and Dynamic Performance Training

## NEW Cross Training Program

Total body conditioning will be the emphasis for cross training each week and will focus on the specific soccer movements and muscle groups to allow the athlete to coordinate skills and improve performance effectively and efficiently.

## Soccer Camp

### Week 5 (July 11 – 15)

During soccer week the athletes will learn how to play smart and simple one to two touch soccer through fundamental training. This type of training will help the athletes show creativity and vision on the field with full control of the ball, give them the ability to anticipate the next play and be able to make quick decisions under pressure elevating them to the next level. They will train to become a master in dribbling, shooting, passing and goal tending. Small and large sided games will highlight individual weaknesses and strengths allowing the coaches to identify specialized skills that will help separate your athlete from other soccer players. This is a necessary skill to become a Champion in soccer!



## What gives our soccer camp the competitive edge?

### Top Coaching Character and Sport Leadership Development

We offer an exceptional coaching character and sport leadership development program that was developed by a University of Akron Sport Science and Wellness Instructor and college coach. Our program offers a sport psychology influenced toolkit for life and forges the opportunity for the competitive athlete to strive to excel physically and mentally as an individual and team player. Through intense leadership and team development settings they will gain a better understanding of what it takes to improve, achieve, and succeed in an individual or team environment while working to achieve higher performance levels.

### Jessica Radecky, Soccer Coach

We are honored that Jessica Radecky will be joining our coaching team this year. Jessica has participated as a college coach, league director, college athlete and high school state champion. She has a positive coaching philosophy that ties sport skills to life. Visit our website under "our team and guest coaches" for more information.

### NEW Boot Camp Fitness Program Offered

The Boot Camp Fitness Program is a program offered to those athletes who participate in four or more weeklong training sessions throughout the entire summer. This program will provide the athlete with the necessary knowledge to proactively measure their fitness levels for a lifetime. Throughout the training weeks they will learn about fitness education, nutrition, and self-evaluations to track their healthy progress to reach their goals.