

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 effectively and efficiently coordinate skills and improve performance.

Soccer Camps

Week 3 (June 22 - 26)

During the first week of soccer the athletes will learn how to play smart and simple one to two touch soccer through fundamental training and small sided games. 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, juggling, crossing, heading and tackling with precision.

Week 7 (July 27 - 31)

The final soccer week will give the athletes the opportunity to be fully immersed in high level training that will promote foot skills and technical and tactical components that will give them the edge to play at higher performance levels. Small sided and large games will highlight individual weaknesses and strengths allowing the coaches to home in on specializing and perfecting 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 tool-kit 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.

Carlos Brito, Soccer Coach

We are honored that Carlos Brito who is the Medina Soccer Association (MSA) - Recreation league director and is a U.S. Soccer Association Certified Coach will be joining our coaching team. Carlos participated as the Medina Soccer Association (MSA) - Recreation League Director, for the last couple of years, and is a U.S. Soccer Association Certified Coach. He is working with the MSA Girls Travel Teams as the U8 Trainer and helps other clubs running their Jr. Programs. His coaching philosophy is based on understanding the kids' needs/strengths/ weaknesses and always tries to make it fun for the team. Please 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 in order to track their healthy progress to reach their goals.