

SOCCER CAMP

Youth Instructional Sports and Performance Training

Soccer Camp

Week 3 **June 17 - 21**

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!

NEW Boot Camp Fitness Program

The Boot Camp Fitness Program is a program offered to those children who participate in *four* or more weeklong training sessions throughout the entire summer. This program will provide them 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.



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 and Maddison Stafford, Soccer Coaches

We are honored that Jessica Radecky and Maddison Stafford are our soccer coaches this summer. 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. Maddison is a natural on the soccer field and demonstrates great skill and vision of the field. Her coaching and teaching talent is exceptional.