



“The Ultimate Summer Sports Camps for Kids”

Camp Instruction

Offensive Soccer Skills Training



Learn the fundamentals of soccer. These sessions utilize innovative drills to improve passing & scoring, shots on goal, footwork, and agility. The station sessions are 1-hour long and are designed for those new to the sport or with little experience. Stations around the field will allow players to experience drills at each position. Goal of the camp is for campers to master the fundamentals, so they can be ready for their soccer season.



- Offensive Concepts -

Camp Instruction

Defensive Skills Training



Campers will get the real understanding of playing on the defensive side of the field. Proper positioning, footwork, and using the body will all come into play. Campers will be taught the mental part of the game, offside, what are penalties, and defensive team concepts. Defending the goal will be a top focus in these two weeks of the camp.



- Defensive Concepts -

Camp Instruction

Goalie Skills Training



Defending the goal! Campers will be taught the proper way to defend the goalie box. Using the hands and feet will be a major focus during the this period of the camp, as well as penalty and corner kicks defense. Campers will take numerous shot on goal and conditioning will also be put to the test over the final two weeks of the camp.



- Defensive Team Concepts -

Camp Instruction

Offensive Team Play Skills Training



Attacking the defense, goal striking, and overall team play will be introduced over the last two weeks of camp! Understanding the mental aspect of the game and conditioning is a huge part and our instructors will make sure this is taught throughout the camp.



- Offensive Team Concepts -

Camp Instruction

Offensive Team Play Skills Training

Campers will go through conditioning drills to build up stamina, concentration, and endurance while attend camp. Our goal is to get all campers ready the upcoming season.



- *Conditioning* -



Campers receive (2) sets of practice gear to wear at camp. Travel bags with logo will also be issued to all campers. Campers must be in full camp gear while on the camp site. Campers are responsible for their practice cleats preferably black. Campers will also be provide with water bottles and camp bags to bring the gear to camp.



- Campers' Gear -