

SOCCER FUTURES

And Professional Scottish Women's Coaches present...

Elite College Pre-season Camp

College aged players only

CAMP HIGHLIGHTS

This camp provides college aged players the opportunity to receive training in all aspects important for players preparing for the competitive college season.

Please note this camp is for the serious college player only!

Camp highlights include:

- **Balanced camp packed with soccer specific activities**
- **Technical skills practice covering all aspects of the game**
- **Competitive small sided games and evening 11v11 games**
- **Soccer specific strength sessions – led by fully qualified coach**
- **Speed and agility practice – technique coach to lead sessions**
- **Opportunity to practice with other committed college level players**

DETAILS

Friday Aug 5th - Monday Aug 8th, 2011

Begins 4pm Friday, Depart Monday 3pm
At Kimball Union Academy
(near DARTMOUTH COLLEGE)

WHAT TO BRING

Soccer clothes, cleats, sneakers, shin guards, rainwear, refillable water bottle.

SAMPLE DAILY SCHEDULE

- AM** Warm-up, speed and agility/strength session
Technical skills session, flexibility
- PM** Technical ball skills, progress to games
Finishing games/fun competitions
Pool and rest
- EVE** 11v11 game and stretching
- Chill out with a movie at night!!!

For further information: michellebarr4@gmail.com

Name _____ Age _____ Position _____

Address _____

City _____ State _____ Zip _____

E-mail _____ Phone _____

Parent E-mail (if under 18) _____ Phone _____

College/University _____ Coach _____

Checks for \$450 should be made payable to ***Soccer Futures***.
Please send form and check to: PO Box 5467, Hanover, NH 03755.