



2010 United Soccer Academy Camps

SESSION I: COERVER CAMP

JULY 12-16 @ GOYNE PARK

9:00-12:00 PM

Tuition \$125 T-Shirt and Certification of completion included

Tuition due June 30

SESSION II: TOTAL SOCCER EXPERIENCE

JULY 25-29 @ CHRIST CHURCH SCHOOL

RESIDENTIAL OVERNIGHT U11-U16

*Tuition \$525 due July 10th

\$125 deposit due ASAP to reserve space.

Puma Jersey and Evaluation included*

SESSION III: PRE-SEASON FITNESS CAMP

AUGUST 2-6 @ GOYNE PARK

5:30pm-7:00pm

Tuition \$75

Tuition due July 21

SESSION IV: TRAVEL TEAM CAMP

August 9-12 @ GOYNE PARK

9:00-12:00 (8-12 yrs) 5:30-8:30 (13-18 yrs)

Tuition \$100

Tuition due July 28

****Please see camp descriptions and registration below****





UNITED PHILOSOPHY

Our philosophy is to design a camp especially for those players wanting to improve their technique and enhance their tactical awareness so they can play at the next level. We sharpen player's basic skills and expose them to advanced techniques while providing a challenging, diversified and educational camp. Our positive learning environment is enhanced by small sided and full sided games to enable all campers to compete, develop and enjoy their experience at UNITED SOCCER ACADEMY Camps.

SESSION I: COERVER CAMP compresses a highly refined curriculum into a fun and intense learning experience. Players will be exposed to a series of fundamental skills and advanced techniques with emphasis on individual skill development and creative small group play. Proper technique will be stressed at every turn to build confidence with the ball and teach many new ways to break down a defense. Sessions will focus on ball mastery, beating defenders with decisive moves, keeping the ball when under pressure, creative combination play, finishing and small group defending. In order to get the most out of players we will group them according to age and ability.

SESSION II: TOTAL SOCCER EXPERIENCE! United FC is proud to announce its second annual residential overnight camp to be held at the beautiful Christchurch School in Saluda, Virginia. This camp is designed for the serious players that wants to take their game to the next level! Each day players will be challenged with individualized technical sessions, small sided games, functional position training, indoor futsal, full sided matches and professional coaching sessions from state, national and professional level guest coaches. The campus is situated on one of the great Chesapeake tributaries, next to the Rappahannock River. Only 90 minutes from DC and centered between Richmond and Virginia Beach, the facilities include modern dormitories, gymnasium, fitness center, field house, performing arts studio, science center and cafeteria style dining with an outdoor patio. For more information about this site, including directions, visit: www.christchurchschool.org.

SESSION III: PRE-SESON FITNESS CAMP is a five day program design for our travel level players. This will be a very demanding week with concentration on developing specific soccer physical abilities. The program will include targeted drills, game situations, and improving specific game fitness. In order to improve endurance and stamina the coaching staff will touch on the latest in footwork and agility, speed development, and running mechanics.

SESSION IV: TRAVEL PLAYER CAMP United FC Technical Staff strongly recommends this camp to all of our travel level players. This week long camp was developed to address the needs of our travel players ages 8-18 in preparation for our season. Technical development is emphasized along with small sided and full sided games as well as functional position training. Players will be grouped based on their level of play and will compete in a fast paced atmosphere that simulates the game. Past United FC travel camps have been well attended and have provided a great atmosphere for teams to bond and to get a jump on the fall season.



