

United Soccer Academy Specialist Camps—New for Summer 2009

New and exciting soccer camp curriculums are what players are looking for.....
.....and that's just what is provided by our innovative specialist soccer camps!

These camps provide players with a great choice, and all are delivered in safe and fun environments by United Soccer Academy's professional full-time coaches.

A fun range of camps for the player who wants to improve. *Practice makes permanent!*

FootworX Camps (Ages: 7 - 14)

FootworX camps give each player the opportunity to work alone with a ball and develop the vital skills that lead to ball mastery. Repetition of fun activities is the key here. Players will develop techniques of juggling, tricks and ball manipulation with both feet. Add to these techniques a range of specific turns and moves appropriate to player age and ability, and it is easy to see how this camp will impact player performance on the field.

"Special FX for your feet!"



NetBursting Camps (Ages: 7 - 14)

Players will work on all aspects of their shooting game, from power shots to finishing with style. USA coaches will teach various shooting techniques before putting players into scrimmage type games designed to promote goal scoring. The camp will also feature goal keeper instruction, where coaching will be given on all aspects of this specialist position. So, whether you are an outfield player looking to improve your shooting skills or a goalkeeper looking to make game winning saves, this is the right camp for you!

"Great Goals! Great Saves! That's what this camp is all about!"

Total Play Camps (Ages: 7 - 14)

Just come and play the beautiful game! A camp that just lets you play... a player's dream! The philosophy behind our Total Play camp is to let the game do the teaching. Players will engage in small and full sided scrimmages with our professional trainers coaching within the game. This is a great opportunity to follow up a net-bursting, SAQ or FootworX camp, allowing players the chance to exhibit skills learned in the previous camp in game situations under the guidance of our experienced trainers.

"A camp where all you do is play the game.... Soccer Heaven!"



SPECIALIST CAMPS



Speed, Agility & Quickness (SAQ) Camps (Ages: 7 - 14)

Our experienced coaches will use a variety of modern training tools, such as weighted parachutes and speed ladders, to deliver sessions similar to those used by professional soccer clubs throughout the world. All components of this camp are aimed at improving running speed and agility, as well as power and quickness in soccer. Players will engage in activities that work on speed off the mark, speed in possession of the ball, quickness of feet, and ability to change direction quickly. Come prepared to find this camp physically demanding.

"The rewards for your efforts will come on the field next season!"

Girlz United Soccer Camps (Ages: 7 - 14)

This camp gives female players the opportunity to practice and compete in a Girls-Only camp environment. Emergent female players have certain areas of the game which are often in need of focused development. These areas include confidence in goal scoring situations, increased self-belief when taking on defenders in 1 v 1 situations, and improved communication during games. Having fun while learning these and other key skills, and being challenged by other girls is truly what "Girlz United" is all about.

"You belong at Girlz United!"



High School / College Prep Camps (Ages: 14 - 18)

So you've set your sights on making the team and playing at a high level...? Then this is the camp for you! All week activities will be sharply focused in order to prepare players for high level soccer. Our trainers will work closely on conditioning, footwork, technique and decision making to give players a head start in the run up to the season. These camps will take place in June or July in that pre-tryout period during the close season.

"A serious camp, offering serious training, for the serious player!"

Combination Camps (Ages: 7 - 14)

A true all-round soccer experience and a must for players looking to brush up on their all round game. The combination camp covers a wide range in just one camp week - 2 net-bursting sessions, 2 footworx sessions and a SAQ session over 5 days. What better way to improve your goal scoring, juggling, ball mastery, turns, moves and speed and quickness.... all in one fun-filled camp week! The content covered in these camps is a perfect way to stay on top of your game through the off-season.

"The Perfect Soccer Combo!"



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