



## King High School Summer Soccer Camp/ Soccer Tournament

We will be holding a Summer Camp on July 9-13 from 9-12. This camp will be an opportunity for the coaches to get to know the girls and to see them on the field. The camp will provide an excellent training environment for players looking to develop their soccer skills and physical performance. The Soccer Tournament will be held on July 9, 11, 13, 16, 18, and 20<sup>th</sup>. Games will start at 4 pm. The cost for the camp is \$65 and the cost for the tournament is \$50. If you plan on attending both, it will be \$100. Please make sure to have all athletic clearances completed prior to the camp.

Training will be focused in the following areas:

### **Tactics**

- First touch & receiving
- Speed of play
- Defensive condensing and Trapping
- Principles of defense
- Offensive expansion and transition
- Principles of Attack
- Counterattack or slow buildup
- Possession in each third
- Restarts
- Box organization

### **Techniques**

- Creating 2 v1 opportunities
- 1 v 1 defending
- Passing weight and accuracy
- Unbalancing runs
- Heading to goal or to clear
- Runs in the penalty area
- Finish and free kicks
- Receiving balls back to pressure
- Combination play
- High pressure/Low pressure

### **Physical**

- Fitness
- Injury care and prevention
- Speed Training
- Nutrition

### **Goal Keeping**

- Footwork and handling
- Advanced shot stopping
- Breakaways
- Distribution

If you have any questions regarding the camp or the tournament, you may reach me at [dsmith1780@aol.com](mailto:dsmith1780@aol.com) or call me at 951-236-9895. I look forward to seeing all of the girls this summer.