

VSA SOCCER TRAINING CAMP

Training sessions will start June 1st and run for eight weeks through the end of July. Your registration fee of \$100 covers all the dates below and the child will receive a training shirt. Once you've registered, your child can attend any date you like or attend all the dates during the eight-week period. Each participant will need to bring a size 4 ball and wear shin guard like they would in a soccer game. Water will be provided at the camp.

Schedule:

June: 6/1 & 6/3, 6/8 & 6/10, 6/15 & 6/17, 6/18 (Sat 3v3 Games),

6/29 (if more than 2 rainout dates);

July: 7/6 & 7/8, 7/13 & 7/15, 7/20 & 7/22, 7/23 (Sat 3v3 Games)

7/27 (if more than 2 rainout date);

Time and Location:

Sessions will run from 6pm - 7:30pm Weds & Fridays at Jim Jeffers Park.

Training Sessions will cover:

Dribbling drills with inside & outside foot and shoe laces.

Passing techniques - forward, square & back pass

- passing the ball with inside & outside foot.

Understanding what a wall pass, cross pass and switching the ball means

Striking the ball with control or with power using laces, inside & outside foot.

Ball control using your foot, thigh and chest to juggle the ball. (no heading at this age)

Foot skill drills will include - Toe touches, Sole roles, Outside-inside

touches, Bells, Stepmover rolls and Pullbacks.

Goalie techniques and striker drills.

Evaluating skills during mini games and 3v3 games.

Identifying all the key positions on a soccer field:

1- Goalkeeper

2- Right Fullback

3- Left Fullback

4- Center Back

5- Center Back (or Sweeper, if used)

6- Defending/Holding Midfielder

7- Right Midfielder/Winger

8- Central/Box-to-Box Midfielder

9- Striker

10- Attacking Midfielder/Playmaker

11- Left Midfielder/Wingers

Read "[Understanding the Game of Youth Soccer and Positions](#)" with your child.