

SYRACUSE SOCCER ACADEMY

To register: Please contact Tony Epifani at 863-3322



10th Annual soccer camps...2009

DAY CAMP JULY 13-17 from 9:00 am to 4:00 pm Monday - FRIDAY for ages 7-16 boys and girls...NOTE: Friday camp ends at 12:00pm

Cost for 5 day camp is \$150

Location: 725 Van Rensselaer Street, Syracuse NY 13204

PRE-SEASON HIGH SCHOOL SOCCER CAMP-AUGUST 10-14 from 3:30-7:30

Coast \$99.00 for 5 day camp

Location: 725 Van Rensselaer Street, Syracuse NY 13204

1. **BALL MASTERY**

One player - one ball. Repetition ball control exercises with both feet.

2. **RECEIVING / PASSING**

Exercises and games to improve first touch, so important at all levels, and to encourage accurate and creative passing.

3. **MOVES 1 VS 1**

Exercises and games that teach game winning individual moves and create space against packed defenses.

4. **SPEED**

Exercises and games to improve agility, acceleration and power with and without the ball.

5. **FINISHING**

Exercises and games that improve technique and encourage instinctive play around the goal.

6. **GROUP ATTACK**

Exercises and games that improve small group play with an emphasis on Fast Break Attacks.