

# 2009 Barton College Soccer Camp

June 27-28 and July 18-19, 2009

Boys Ages 14-18

Tuition Fee: \$100.00 (**\$15 Sibling discount**)  
(\$25.00 deposit due at time of Application)

On-Site registration will be \$110



The weekend camp is geared for the Varsity player looking to develop his skills to the next level.

## **This two-day program will introduce you to all aspects of the game including:**

- Technical and Tactical training sessions
- 11 v 11 and small sided competitive games
- Strength and conditioning for the top soccer player
- Specialized Goalkeeper Training
- Extensive use of the Barton College Athletic Facilities

\*Each player will also receive a written evaluation upon request!

## **The Tentative Schedule will be as follows:**

### **Saturday**

- 9:30-10:00 - Check-in
- 10:00 - Welcome and Opening Remarks
- 10:15-11:30 - Training Session: Possession With a Purpose
- 11:30-12:15 - Lunch
- 12:45-1:45 - Demonstration of Strength and Conditioning
- 2:00 - 3:00 - Technical Challenge tournament
- 3:00 - 4:00 - Small Sided Tournament

### **Sunday**

- 9:30-10:00 - Warm-up
- 10:00-11:30 - Training Session: Finishing Exercises of Top Level Players
- 11:30-12:15 - Lunch (at the Barton College Cafeteria)
- 12:15-12:45 - Seminar: "Video Analysis"
- 1:00-2:00 - Training Session: Tactical Awareness as a team
- 2:00-3:30 - Games
- 3:30 - Closing Remarks and Check Out

All sessions will be conducted by College Coaches and will be held at the Barton College Athletic Complex.  
Lunch will be held at the Barton College Cafeteria

