



2019 SUMMER CAMPS

PSC HANDS FIRST GK ACADEMY BOOT CAMP: June 17-20, 6:00-8:00pm

Players: U14-U19 (LIMITED TO 10 KEEPERS); Cost: \$125; Director: Trevor Nelson

For the very experienced keepers, to prepare for the high school and College seasons. Will provide keepers with conditioning, repetition, and strategy to perform with confidence at a high level. Topics will include advanced shot stopping, diving, breakaways, crossing, positioning, 2nd chance saves and distribution.

PSC CHAMPIONS LEAGUE CAMP: June 24-27, 6:00-7:30pm

Players: U7-U19; Cost: \$50; Director: Alex Wentz

Players will register as individuals in their current age group and each game they will be matched with a different team and receive points. At the end of the four days, players who finish 1st, 2nd, and 3rd in their division will be awarded medals! Small sided games assist in all aspects of a player's development, including ball control, decision making, and speed of play. PSC coaches will be on hand to facilitate the games, assist with substitutions, and provide technical and tactical feedback to players. There will be three 25 minute games each night (12 games total). U8, U10, U12, U14 and HS Divisions are expected.

PSC MORNING SKILLS CAMP: July 1-3, 9:00-11:00am

Players: U7-U15; Cost: \$50; Director: Jeff Krigbaum

PSC will again be offering an organized morning camp during the summer! This camp will cover a variety of different skills and techniques using challenging and fun activities in order to help players become more skillful, creative and comfortable on the ball. There will be a different skill focus each day and the opportunity to use those skills in various small-sided games.

PSC FITNESS WITH A BALL, SPEED and AGILITY CAMP: July 15-18, 5:45-7:15pm

Players: U7-U15, Cost: \$50; Director: Mark Casperson

This camp will be focused on preparing soccer players for the upcoming season by improving their total fitness, as well as speed and agility. The curriculum is designed to improve a player's quickness, explosiveness, and endurance using soccer specific activities. The camp mixes in fitness with fun and is a great way to stay in shape after a long summer and the fall soccer season about to begin! As you move into more competitive soccer it is important to develop your conditioning and overall speed as it can be the difference in winning and losing games.

PSC HANDS FIRST GK ACADEMY: July 15-18, 6:00-8:00pm

Players: U7-U19, Cost: \$80; Director: Trevor Nelson

The PSC Goalkeeping Camp summer camp will work and build on fundamental principles of goalkeeping. All sessions are geared towards goalkeeper safety. Common themes addressed in this training will include decision making, match play situations, and goalkeeper psychology. Each player will leave this training with a better understanding of his/her role as a goalkeeper, and improve their shot stopping capabilities. Most importantly, all players will have fun and build their self-esteem and confidence.

PSC STRIKER CAMP: July 22-25, 6:00-7:30pm

Players: U7-U15, Cost: \$50; Director: Ryan McClay

The main focus of the camp will be improving the player's ability to strike the ball properly and cleanly in order to score goals! Players will learn the proper techniques to shoot and finish around the goal and will get plenty of opportunities to practice their techniques during shooting and finishing activities. Players will also be taught how to finish off of crosses, how to curve the ball to score and how to be successful taking free kicks. This camp will benefit all players, no matter normal position or age group since striking the ball is a very important technique for every player at every level.

IN THE EVENT OF WEATHER THAT CLOSES THE FIELDS, PSC WILL ATTEMPT TO MAKE UP CAMP TIME BY GOING LONGER ANOTHER NIGHT OR POSSIBLY RESCHEULING, BUT PSC CAN NOT GUARANTEE CANCELLED CAMP SESSIONS WILL BE MADE UP IN THEIR ENTIRETY OR THAT ANY REFUNDS WILL BE GIVEN AS THE RESULT OF WEATHER RELATED CANCELLATIONS.

Camps Location: CWMS or Walnut Creek Park (TBA prior to camp) Email Contact: Camps@pridesoccerclub.com

Register online for all camps at www.pridesoccerclub.com