

## ABOUT THE CAMP

*John Gregg, the Director of Soccer at InTheNet, is a Nationally Certified, United Soccer Coaches National Staff Member and US Youth Soccer East Region 1 ODP Staff Coach.*

*The typical camp day will consist of one fitness and agility session, one stretching and flexibility session, two field training sessions and game related session. Players will work on their individual technical skills as well as their tactical playing skills. The camp is designed to create a hard working environment while having fun. It is well known that players develop better through discovery rather than through being guided.*

### Camp Location

In The Net Sports Complex  
798 Airport Rd. Palmyra PA 17078

### Registration

[www.inthenet.com](http://www.inthenet.com)  
[soccer@inthenet.com](mailto:soccer@inthenet.com)



SPORTS COMPLEX



## 2019 Summer Day Soccer Camps

June 17-20

July 30-Aug 1 GK Camp

Aug 5-8



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## CAMP BASICS

**CAMP COST:** \$250 (Includes Camp T-Shirt and Ball) \$200—GK Camp

Sibling and team discounts available.

**GENDER:** Boys and Girls

**AGE GROUPS:**

Field Players Camp 9-14

Goalkeeper Camp 9-16

(HS age groups available)



## CAMP REGISTRATION

Registration for all Camps can be found at [www.inthenet.com](http://www.inthenet.com).

## REGISTRATION DEADLINE

\$25 off for Early Registration

Camp # 1: May 31 (Early reg. 4/20)

Camp #2 GK Camp— July 1st (Early reg. 6/1)

Camp # 2: July 1st (Early reg. 6/1)

**A Non-Refundable deposit of \$75 will be due at time of sign-up.**

## TYPICAL DAILY SCHEDULE

(8:30 Arrival—First Day ONLY for Check-In)

**9:00-9:45:** Speed, Strength, and Agility session run by Power Train

**10:00-11:30:** Technical Session

**11:30-12:30:** Stretching and Flexibility Session

**12:00-12:45:** Lunch Break

**1:00-2:30:** Tactical Session

**2:30-3:00:** Small Sided Games

### Goalkeeper Camp Schedule may differ

Campers will have a lunch break each day indoors out of the sun. Each camper is encouraged to bring their own lunch daily for our break. During the lunch break, players will have the opportunity to watch taped games or other soccer like movies.

## DAY CAMP CURRICULUM

Monday: Fakes and Feints, 1v1 attacking, Individual Defending

Tuesday: Shooting (power and placement), Spatial Awareness, Speed of Play

Wednesday: Combination Play, Third Man Combinations, Movement off the ball

Thursday: Crossing and Finishing, Timing of Runs



## GOALKEEPER CAMP CURRICULUM

Tuesday: Footwork, Playing with Feet, Catching and Catching under Pressure, Diving

Wednesday: Shot Stopping and Angle Play, Breakaways and Crosses

Thursday: Distribution (foot and hand), P'k's, Set Pieces, and Pressure Training

