



## About the Camp

In The Net has partnered with the Philadelphia Union Youth Academy to bring some of the best minds in soccer to Central PA. The Philadelphia Union coaches and instructors will provide invaluable skills and lessons to your athletes throughout our 4-day camp.

## Camp Location

In The Net Sports  
Complex  
798 Airport Road  
Palmyra, PA 17078



## Contact Us

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2020 SOCCER  
CAMPS  
HOSTED BY  
PHILADELPHIA  
UNION

June 22 – 25  
9 AM – 3 PM





## Camp Basics and Information

Registration: To register, visit [www.inthenet.com](http://www.inthenet.com)

Camp Cost: \$250  
(Includes Camp T-Shirt and Ball) / Multi-Camper Discounts

Camp Information: Open to Boys and Girls / Ages 9-14 Years Old

## Daily Camp Schedule

- 8:45 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 – 12:00: Stretching and Flexibility Session
- 12:00 – 12:45: Lunch Break
- 12:45 – 2:30: Tactical Session
- 2:30 – 3:00: Small Sided Games



## Our Daily Camp Curriculum

- Monday: Fakes and Feints, 1 V 1 Attacking, and Individual Defending
- Tuesday: Shooting for Power and Placement, Spatial Awareness, Speed of Play
- Wednesday: Combination Play, Third Man Combinations, and Off-Ball Movement
- Thursday: Crossing and Finishing, Timing of Runs

