

“Devoted to Player Development”



‘Talent Identification Program’

The camp is designed to provide an environment for players who aspire to take their game to the next level.

You will train using many of the same methods and facilities that the University of Idaho team uses. Our highly respected and talented coaching and strength and conditioning staff will utilize its vast experience to share important technical and tactical aspects of the game as well as explore the physical demands, with an emphasis on “total player development.” This is a camp that will provide aspiring college soccer players a snapshot of collegiate soccer in a challenging and competitive environment. Are you ready for the challenge?

Camp outline:

Day 1:

- 4:00 pm Check-In
- 5:00 pm Dinner
- 7:00 pm Fitness testing
- 10:00 pm Lights out

Day 2:

- 7:30 am Breakfast
- 9:00 am Technical session
- 11:30 am Facilities Tour
- 12:45 pm Lunch
- 2:00 pm Tactical session
- 4:00 pm Q & A
- 4:30 pm Check out/Depart

Travel Academy: This unique day camp allows soccer players of any age to train just like the college/pro teams without having to stay away from home, yes, we come to you!. The Travel Academy inspired by the development academies used by European clubs such as Barcelona, Ajax, Manchester United, Chelsea, Real Madrid and Bayern Munich;

During the week players will enjoy various soccer activities used by professional clubs such as speed and agility training, and small sided sessions! Official scrimmages will be played each day under the guidance of our professional staff ensuring that players understand the tactics of soccer. Players will also perform daily skills challenges and complete a personal progress report for the week. While this camp is for the serious soccer player, the emphasis is on learning in an enjoyable team environment that promotes self-confidence.

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Team Camps: Team Camps provide the perfect pre-season training environment. The increasing level of play today demands an intense, specific pre-season program. The aim of this camp is to provide both an individually demanding camp and a structured team environment. The camp format has been designed with the player and their team in mind. However, the coach may tailor the format and content of the sessions to suit their needs should he/she desire. We are confident the quality of this camp will meet and exceed players and coaches expectations.

Striker Camp: Players will work on all aspects of their shooting game, from shooting with power to finishing with flair. Coaches will teach various shooting techniques before placing players into scrimmage type games designed to promote goal scoring. The camp will also feature goal keeper instruction, where coaching will be given on all aspects of this specialist position. So, whether you are a field player looking to improve your shooting skills or a goalkeeper looking to make game winning saves, this is the right camp for you!

Footwork Camp: This camp gives each player the opportunity to work alone with a ball and develop the vital skills that lead to mastering the ball. Repetition of fun activities is the key here. Players will develop the techniques of juggling, tricks and ball fundamentals with both feet. Add to these techniques a range of specific turns and moves appropriate to player age and ability. It is easy to see how this camp will impact player performance on the field.

SAQ (Speed, Agility & Quickness) Camp: Our experienced coaches will use a variety of modern training tools, such as weighted resistance and speed ladders to deliver sessions similar to those used by collegiate programs and professional soccer clubs throughout the world. All components of this camp are aimed at improving running speed, agility as well as power and quickness within the game of soccer. Players will engage in activities that work on speed off the mark, speed in possession of the ball, quickness of feet, and ability to change direction quickly. Come prepared to find this camp physically demanding.

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ODC (Overall Development Camps): A true all-round soccer experience and a must for players looking to brush up on their all-round game. What better way to improve your goal scoring, juggling, mastering the ball, turns, moves, speed and quickness all in one fun-filled camp! The content covered in these camps is a perfect way to stay on top of your game through the off-season.

The ODC covers a wide range of skills and activities in just one camp:

- *Finishing sessions
- *Skill development sessions
- *Speed, Agility & Quickness sessions

Goalkeeping Camps: Players will work on all aspects of this specialist position. If you're dedicated to improving techniques and skills and ultimately improving your game day performance this is the camp for you! This program allows you to learn and fine-tune all the techniques and skills you require to become a great goalkeeper. The camp will cover the main techniques and skills of goalkeeping; specific warm ups, footwork, handling, diving, shot stopping, one v ones, and making game winning saves!

Individual and Small Group Instruction: Ever wondered why some players are capable of things that others cannot achieve? Come and be the best you can be! There's no secret that practice makes permanent, and practicing the right technique makes perfect – that's our aim. Our individual and small-group training camps and specific evaluations will target areas for improvement and accentuate a player's improvement with consistency and quicker development of those skills than regular practices. Individual camps give coaches more opportunities to improve technical skills specific to the individual and help players understand where and how these techniques can be implemented in game situations.

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***If you are interested in any of the aforementioned camps, either individually or as a team, club or high school please call Ashley for more details at:
860-539-9762***