

# Elite Technical Skills Camp

U8-U10, June 28 - July 2 / U11-U13, July 19 - July 23 / U14 - Up, July 26 - July 30  
All Sessions 6-8PM



This camp is made up of two hour training sessions designed around the four core skills:

***Trapping • Passing • Ball Striking • Dribbling***

Balancing the art of intensive training and an eye for detail within an exciting and energetic atmosphere is the key to the success of this program.

Each session is made up of inventive exercises and drills designed to energize and motivate each player and provide for the greatest chance for success.

All players will train with an appropriate partner under close technical supervision and experience the challenge and demand of daily increases in the level and intensity of each skill movement.

***Speed & Agility - NEW THIS SUMMER!***

Soccer is a game of movement and intelligence - it is known as "The Beautiful Game." Speed and power must be complimented with agility and grace at every moment of the match. Each day of training will feature a minimum of 20 minutes of intense speed & agility work.

***Training Guarantee - NEW THIS SUMMER!***

Simply put - if a player completes the week and feels that they have not benefitted from our training - we will refund all fees. PERIOD.

## Registration Info:

**Cost:** \$155

**Age / Date:**

U8-U10, June 28-July 2

U11-U13, July 19-July 23

U14-UP, July 26-July 30

**Time:** 6-8PM

**Location:** Calvert County

[www.exceedsoccer.com](http://www.exceedsoccer.com)

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