



2022 SUMMER CAMPS

PSC STRIKER CAMP: June 27-30, 6:00-7:30pm

Players: U7-U15, Cost: \$60; Director: Jeff Krigbaum, jeffkrigbaum@pridesoccerclub.com

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.

PSC HANDS FIRST GK ACADEMY BOOTCAMPS:

June 11-14, 6:00-8:00pm (High School U15-U19 ONLY) - Advanced

July 18-21, 9:00-11:00am or 6:00-8:00pm (U10-U15 For Both Camps) - Advanced

Cost per Camp: \$160; Director: Trevor Nelson, TJN61582@aol.com

For experienced keepers, to prepare for the high school, College and club 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: July 18-21, 6:00-7:30pm

Players: U7-U15; Cost: \$60; Director: Alex Wentz, alex@alexwentz.me

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, U15 Divisions are expected.

PSC FITNESS WITH A BALL, SPEED and AGILITY CAMP: July 25-28, 6:00-7:30pm

Players: U7-U15, Cost: \$60; Director: Mark Casperson, coach.casperson@gmail.com

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.

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

Camps Locations: CWMS or Walnut Creek Park (TBA prior to camp)

\$10 Discount on Camps when you register before May 15th

[Register online for all camps at www.pridesoccerclub.com](http://www.pridesoccerclub.com)