



# Arlington Travel Soccer Summer Camps

**Who:** U9-U15 Boys & Girls registered in a Travel Program

<b>Dates:</b>	July 11-15 @ Greenbrier	6:00-8:30pm	U9-U12 Boys and Girls
	July 18-22 @ Greenbrier	6:00-8:30pm	U12-U15 Boys and Girls
	July 25-29 @ Greenbrier	6:00-8:30pm	U9-U11 Boys and Girls
	August 1-5 @ Virginia Highlands	6:00-8:30pm	U12-U15 Boys and Girls
	August 1-5 @ Virginia Highlands	9:00-11:30am	U9-U12 boys and Girls

**Cost:** \$165 for each camp. Due to staffing requirements – no refunds - only camp credit will be issued

Financial aid is available to players with demonstrated need. For information please contact Lizzy Stell, [lizzy@arlingtonsoccer.com](mailto:lizzy@arlingtonsoccer.com).

**Bring:** Ball and plenty of water/fluids

**Register:** Space is limited – register early at [ASA Website](http://www.atsc-va.org) at <http://www.atsc-va.org>

## Camp Focus:

- I-Soccer Testing
- Decisive 1<sup>st</sup> touch to prepare for the next decision
- Attacking Skills
  - In 1 v 1 and 2 v 2 situations
  - To learn creative problem solving
- Defending Skills
  - In 1 v 1 and 2 v 2 situations
  - To minimize attacking chances for your opponent
- Small sided games (3 v 3 and 4 v 4)
- Goalkeeper training

**Ball Mastery Foundation Training:** The sessions will be directed by Jawed Sanie, ASA Director of Player Development. Coach Sanie holds an NSCAA Advanced National license and has over 18 years of conducting successful training programs for various soccer clubs in the Washington Metro Area.

The philosophy of the Ball Mastery Foundation Program centers on individual ball handling techniques and foot skills. The sessions provide players competitive development opportunities that foster individual technical skill development. The program encourages travel players to enjoy the competitive nature of the game, work hard to improve their touches on the ball and maintain a positive sportsman like conduct at all times. For additional information, please contact Jawed Sanie @ [jsanie@arlingtonsoccer.com](mailto:jsanie@arlingtonsoccer.com) or at (703) 801-8810.

**Goalkeeper Training:** The curriculum for the goalkeeper training includes diving skills, basic shot handling, angle play, dealing with crosses, breakaway handling techniques, foot skills development, deflecting, boxing and distribution.