



Arlington Travel Soccer Spring Break Camp

Who: U9-U14 Boys & Girls registered in a Travel Program

Dates: April 18 to April 22, 2011

Where: Gunston Middle School

Options: Full day 9am to 4pm
Half 9am to 12 noon
Extended Day 4pm to 5:30pm (M-Th only)

Cost: \$265 Full Day
\$190 Half Day
\$40 Additional Charge for Extended Day

Financial aid is available to players with demonstrated need. For information please contact Lizzy Stell, lizzy@arlingtonsoccer.com.

Bring: Ball and plenty of water/fluids and lunch

Register: [ASA Website](#) - Spaces are limited.

Camp Focus:

- I-Soccer Testing
- Decisive 1st 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)
- Goal keeper training

Ball Mastery Foundation Training: The sessions will be directed by Jawed Sanie, 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. Senior Camp Coaches include Grant Smith, Boys Director of Coaching and Mo Tayari.

The philosophy of the Ball Mastery Foundation Program centers around individual ball handling techniques and foot skills. The session 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.

Goal Keeper Training: The curriculum for the goalkeeper training program conducted by Youssef Jride includes diving skills, basic shot handling, angle play, dealing with crosses, breakaway handling techniques, foot skills development, deflecting, boxing and distribution.