

Camp Schedule

Daily Monday - Friday
9:00-9:30 Warm-up/Warm-up Game
9:30-10:00 Foot Skills and Soccer Moves

Soccer Training Sessions-(AM)

Monday - 10-11:30 Passing and Trapping - techniques, drills, and games
Tuesday - 10-11:30 Dribbling - techniques, drills, and games
Wednesday - 10-11:30 Shooting - techniques, drills, and games
Thursday - 10-11:30 Juggling (for ball control and fun) and Heading - techniques, drills, and games
Friday - 10-11:30 Soccer Skills Evaluation Time (review of the week)

Daily Monday - Friday

11:30-12:30 Lunch (half day release 12pm)
12:30-1:00 Warm-up, Foot Skills and Soccer Moves
1:00-3:00 Sport Specific Training (see below) and Small Sided Games

Sport Specific Training Sessions-(PM)

Monday - Speed Training - Technique and Drills
Tuesday - Agility Training - Drills and Sports Specific Routine
Wednesday - Body Weight Exercises - Upper, Lower and Core
Thursday - Injury Prevention/Balance - Deceleration/Proprioception Training
Friday - Nutrition/Review/Choice - Information/Discussion/Q&A and Short Choice Workout



"JUST FOR KICKS"
SOCCER CAMP
2010

Desire,
Dedication,
Determination!

Thanks to our sponsor!

GINO'S PIZZA PLACE

351 Fries Road
Tonawanda, New York 14150
836-8020 / 836-8021

For More Information call:

Camp Director
Bobby DiNunzio 876-3593
or

Director of Youth/Micro Soccer
For Kenton Soccer Association
Gino Pinzone 472-8251



327
Florida

"JUST FOR KICKS"
SOCCER CAMP

Summer 2010

Camp Director
Bobby DiNunzio



Where: Kenney Field
Colvin and Brighton
Tonawanda, New York 14150

When: Monday-Friday
July 12th - July 16th 2010

Time: Full Day: 9am-3pm
Half Day: 9am-12pm

Cost: Full Day \$120 / Half Day \$80
(both incl. ball, shirt & lunch)

Camp Director **Bobby DiNunzio**

His many years of professional playing experience, culminating with the Buffalo Blizzard, and his collegiate and youth level coaching experience, afford him the insight necessary to bring out the best in each player while developing each one's skills at his or her own pace. This will be done in an enjoyable environment, that stresses teamwork and sportsmanship in all aspects of the game.

Career Highlights

- *Former Professional Soccer Player
- Buffalo Blizzard 1993-2000 NPSL
- Canton Invaders 1987-1993 NPSL
- Toledo Pride 1986-1987 AISA
- *Played in over 500 games, accumulating over 500 points and 500 blocks
- *Three-time champion with the Canton Invaders
- *Four-time NPSL All-Star selection
- *Inducted into Buffalo State's Athletics Hall of Fame in 1994
- *Inducted into Kenmore East's Athletics Hall of Fame in 1994
- *Boys Varsity Head Coach at Amherst High School

Each Camper Will Receive

- *Professional Instruction
- *Camp T-Shirt
- *Camp Soccer Ball
- *Handwritten Progress Report
- *Lunch (provided by Gino's Pizza Place)
- *Pizza Party on Friday

Each Camper Must Bring

- *Shinguards (must be worn in order to play)
- *Water Bottle and Sunscreen

About The Camp

* This camp is designed for soccer players between the ages of 5-14. The camp will provide quality coaching and instruction at all age levels. The camp will offer a fun atmosphere in which to learn the basics of the game as well as the more advanced techniques for the more experienced player. Players will learn the basic techniques of the game through a variety of fun yet challenging drills and activities that will help build the confidence of each player.

* Each morning a different technique will be introduced and practiced throughout the day. Passing, trapping, dribbling, shooting, juggling, and heading will all be covered in depth, as well as the first and secondary roles of forwards, midfielders, and defenders in game situations. On Friday, an evaluation progress report will be done by the coaches for each player.

* After lunch, the afternoons will consist of sport specific training sessions. These sessions will help young athletes increase performance, prevent injury and help to become educated in the area of functional training by experience. The sessions will include; strength, speed, agility, core performance and plyometrics training. All of these elements are needed to perform at a higher level. Also included are injury prevention and nutritional sessions. Each athlete will leave with a sample routine of what they experienced throughout the week, along with a nutrition plan to help them eat properly. The day will conclude with small-sided games, used to reach the technical and tactical training that has been learned.

Sport Specific Training by G-Force Training

Scott Geisen - Head Trainer

- *BS in Exercise Science
- *MA in Athletic Training
- *Certified Athletic Trainer w/ 20 years experience
- *Certified Strength and Conditioning Trainer w/ 20 years experience