

# FAR POST SOCCER CLUB

## Far Post First Touch Camp

Camp	Ages	Dates and Times	Location
First Touch Camp	7-14 year olds	August 13-17, 2012 – 9am-12pm	Dorset Park

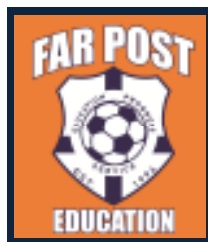
Far Post's **First Touch Camp** is held the week before most Elementary and Middle schools begin. The curriculum is specially designed to prepare your son or daughter for their 'first touch of the season,' i.e., Middle School or Club level tryouts. If your son or daughter is trying out for the Middle School team for the first time, the First Touch Camp offers confidence, fitness and technique boosting exercises to prepare them for this new experience.

If your son or daughter is considering trying out for Far Post for the first time, the First Touch Camp is an excellent opportunity to be "seen" by the club while also experiencing training the "Far Post Way." This camp will send you into tryouts with confidence, a good touch, and a competitive edge.

A typical day will see your son or daughter:

- Play 4v4 small-sided soccer (the foundation for the Dutch system of youth soccer development)
- Skill-building sessions – focus on mastery of the ball
- Game-based tactical sessions – understanding the concepts of the game
- Compete in our Soccer Olympics
- Compete in our daily 4v4 "World Cup"

The camp is directed by Todd Kingsbury and assisted by Far Post coaches. The cost for the camp is \$150.



**To register:** Email Todd Kingsbury ([todd@farpostsoccerclub.com](mailto:todd@farpostsoccerclub.com))

