

High School Preseason Camp

Camp	Ages	Dates and Times	Location
Preseason Camp	Players entering high school	August 6-10, 2012 – 9am-12pm	Dorset Park

The **Preseason Camp** rounds out our menu of summer programs for older players as high schoolers set their sights on their fall school season. The camp focuses on preparing the high school player for the rigors of 'preseason' training and high school tryouts.

- Play 4v4 small-sided soccer (the foundation for the Dutch system of youth soccer development)
- Higher level technical training focusing on attacking moves, passing skills and goal scoring technique
- Higher level tactical training focusing on possession, scoring goals and defending
- Soccer-specific fitness/conditioning and agility training
- Goal setting and building player confidence
- Guided play focusing on themes of the day

These are the focal points of the camp, as these elements greatly influence a player's performance in preseason and in the season beyond. The Camp prepares players for the rigor of preseason training and equips the player with tools needed to meet the expectations of high school coaches. All high school aged players, boys and girls, grades 9-12, are invited to enroll and participate in Far Post's Preseason Camp. It is a demanding week that prepares players as they begin their high school preseason fit and confident.

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



To register: Email Todd Kingsbury (todd@farpostsoccerclub.com)

