

Far Post Striker/Keeper Camp

Camp	Ages	Dates	Times	Location
Far Post Striker/Keeper Camp	11-16 year olds	June 25-27, 2012	9:00-12:00pm	Dorset Park, South Burlington
Far Post Striker/Keeper Camp	11-16 year olds	July 9-11, 2012	9:00-12:00pm	Dorset Park, South Burlington

Due to our success this past year, we will hold two sessions of our Striker-Keeper Camp. We will ONLY be accepting 8 keepers and 24 strikers for each camp. Groups would be divided into two groups according to age and ability.

The purpose of this camp is to provide more specific and specialized training for keepers and attacking players. This camp is designed to specifically train the attackers in multiple finishing techniques and situations, and the goalkeepers will be trained in all technical aspects of stopping goals. The groups will be brought together to train the techniques in competitive game situations. There will be instruction in the tactical understanding of playing as targets, runs in the box and combinations in the attack. This camp will be in high demand since we go to the goal the entire time!

Attacker instruction emphasizes the skills and techniques of:

- 1v1 moves
- Turning and Dribbling
- Shooting
- Heading
- Volleys

Goalkeeper instruction progresses from basic to advanced skills and techniques, such as:

- Footwork
- Catching
- Diving and Smothering
- Controlling your defense
- Dealing with crosses in a crowd

The camp will be directed by Todd Kingsbury and the Far Post coaching staff. The cost for the camp is \$100.

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

