

## Far Post's Holiday Mini-Camp

Camp	Ages	Dates	Times	Location
Holiday Mini-Camp	11-14 year olds	December 27-30, 2011	9:00-12:00pm	Far Post Indoor Facility
Holiday Mini-Camp	15-17 year olds	December 27-30, 2011	1:00-4:00pm	Far Post Indoor Facility

The purpose of this camp is to offer players the opportunity to train over the holidays to keep their skills sharp, while at the same time have some fun. A typical day will see your son or daughter:

- 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
- Compete in our daily 4v4 "World Cup"
- Play full field 8v8 to work on larger group tactical situations

The camp will be directed by Todd Kingsbury and assisted by Far Post alumni that are currently playing in college.

This program is open to both Far Post and non-Far Post players. Please note that the camp starts on Tuesday, December 27<sup>th</sup>. There will be two sessions offered depending on the ages above. We will only be able to accept a maximum of 30 players per session, and plan to keep the numbers smaller to allow ample attention to all players.

The cost for the afternoon camp is \$125.



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

