



Athletes Edge Soccer Camp Series
 2-Week Intense, Soccer-Specific Training

ATHLETES EDGE ELITE TRAINING (E.T.A.) ACADEMY WILL FOCUS ON:

TACTICS...

Creating 2v1 opportunities
 Speed of play
 Change of point
 Defensive condensing & trapping
 Principles of defense
 Defense in each 3rd of field
 Offensive expansion, transition
 Principles of attack
 Counterattack or slow buildup
 Possession in each 3rd

TECHNIQUES...

First touch & receiving
 1v1 Defending
 1v1 Attack & Dribbling
 Passing weight and accuracy
 Long ball passing and receiving
 Heading to goal or to clear
 Finishing & Free kicks
 Receiving balls with pressure

STRENGTH & PERFORMANCE...

Injury / ACL Prevention
 Footwork
 Quickness
 Speed
 Burst
 Agility
 Acceleration
 Deceleration
 Change of Direction
 Total Body Strength & Power

MENTAL SKILLS...

Training discipline
 Self confidence
 Leadership
 Positive reinforcement
 Dealing with pressure
 Positive mental imaging
 Positive self motivation
 Sense of team

DATES: Session 1 June 7th – June 18th
 Session 2 June 21st – July 2nd
 Session 3 July 5th – July 16th
 Session 4 July 19th – July 30th

TIME: 4:30 – 6:30 pm

PLACE: FAU Soccer Fields & Tom Oxley Athletic Center

AGES: U13-U18 – Monday, Wednesday & Friday
 U10-U12 – Tuesday & Thursday

PRICE: U13-U18 – \$300 per session
 \$1,000 for all 4 sessions (\$200 savings)
 U10-U12 – \$200 per session
 \$650 for all 4 sessions (\$150 savings)

Designed to elevate and challenge the talents of future superstars of high school and college ranks, the Elite Training Academy (ETA) will not only create a challenging and dynamic training environment, but will also allow players to personally experience what it takes to do their best!

The Elite Training Academy (ETA) will inspire learning through the perfect blend of innovative, fun and challenging training techniques.

COACHING STAFF

Brian Dooley Head Coach FAU Women's Soccer • Steve Burgess Head Coach American Heritage Women's Soccer
 Chris Gnehm Assistant Coach FAU Women's Soccer • Athletes Edge Sports Performance Coaches



ATHLETES EDGE
ELITE TRAINING ACADEMY (ETA)
WHEN IS YOUR ESTIMATED TIME OF ARRIVAL?



CONTACT:
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