

# Eastern New York State Soccer Camps



For Boys and Girls Ages U6 to U16

*All Players are welcomed*

## **Eastern New York State Camp**

Program at a Glance

### **Overview**

The Eastern New York State Camps and Training philosophy of coaching youth soccer places great importance on age appropriate activities and creating a player centered learning environment. The programs and training curriculum for the Eastern New York State Camps is geared for the youth player from the U6 age group through the U16 levels.

At the earliest ages we make sure that all activities fit the developmental levels of children. All of the programs are run and supervised by licensed and professional coaches that facilitate age appropriate training sessions and understand the developmental process. Regardless of age group, the training these players receive is designed to keep every player active with the ball at all possible times.

### **U6 – (4 & 5 year olds) - Beginner**

This program is an introduction into soccer in a friendly and non-competitive environment. Our focus is on the players having fun and playing lots of games. In practice sessions during the week, the players play fun games with their ball and also participate in physical movement activities such as running, jumping, skipping, hopping, maintaining balanced, and the technical skill of dribbling.

### **U8 – U9 (6, 7 and 8 year olds) - Beginner**

This program is for participants who are just getting started in soccer or for those players who early in their game. Our focus is on providing the players with an introduction to professional training, while reinforcing the basic soccer concepts that promote player development for these age groups. The overall objectives and goals for these players is to have fun while developing sound fundamentals and movements of the game such as ball control, dribbling, passing, shooting, running, jumping, cutting and maintaining balance.

### **U10-U12 (9, 10, and 11 year olds) - Intermediate**

This program is for participants who are the next phase of development where team play is introduced. Although the development process will continue with these age groups, the objectives will be geared towards tactical decision-making. Certified coaches and trainers emphasize development of ball control, individual skills to beat an opponent, footwork, passing, shielding, dribbling, shooting and embark on the basic and intermediate decision making, surrounding offense, defense and transition.

### **U13-U16 (12 and up) – Advanced**

This program is designed to help players who are more developed in their skills. The curriculum and age appropriate training emphasis is more competitive in nature than the younger age groups. The curriculum for these age groups includes development of individual skills, individual and group tactics, dynamic training environment of small-sided games, speed of play / fitness, roles and functions of players, full game knowledge in positional and team play. Players continue to master the four areas of soccer: Technique, Tactics, Fitness and Psychology.

## **Eastern New York State Camp**

### **Individual Player Programs**

The Eastern New York State Camps program concentrates on developing the soccer players' skills and experience. Every player will receive instruction on individual skills and techniques, as well as on individual, group and team tactics. All activities are age appropriate and address the cognitive, psychological and psychomotor development of each player. Players will be instructed by a combination of College, ODP and/or High School coaches, as well as current varsity players.

### **Elite Player/Team Programs**

The Eastern New York State Camps offers an elite team program. In addition to the individual technical and tactical instruction, a SLSC staff coach will provide teams with tactical analysis and a team building offensive and defensive training session.

Team coaches are welcome to attend and participate in the program. This program is designed to benefit both club and high school teams. Team discounts – Ten or more members of the same team will receive \$15.00 off the per player camp fee. ALL APPLICATIONS MUST BE REGISTERED AT THE SAME TIME.

### **Goalkeeper Plus Program**

The Eastern New York State Camp offers a Goalkeeper Program. This is a special daily training program designed exclusively for goalkeepers. Goalkeeper coaches will work with goalkeepers at each session. All areas of advanced goalkeeper training are covered, including: shot saving, distribution, handling air balls, one-on-one play and controlling the penalty area. Individual analysis is emphasized and each goalkeeper receives a written evaluation at the end of the week.

### **Typical Schedule (Five Hours)**

8:30AM - 9:00AM - Drop off, Check-In  
9:00AM – 9:30AM - Intro, Warm Up, Stretch  
9:30AM – 10:30AM - Technical Training  
10:30AM – 11:30AM - Tactical Training  
11:30AM – 12:30PM - Snack, Soccer Talk  
12:30PM – 2:00PM - Games – Camp Tournament