



# THE SOCCER F.I.T. ACADEMY™

## PREMIER CAMP – 2010 SUMMER SESSION

PRESENTED BY THE CLAY COUNTY SOCCER CLUB, ADIDAS & EUROSPOORT

The SOCCER **F**UNCTIONAL **I**NSTRUCTION & **T**RAINING (“F.I.T.”) ACADEMY™ is a specialized soccer training program designed to create a challenging and dynamic environment for advance players to learn the specific functions of each position and how to play within each part of the field. Players will have the opportunity to learn how to play as a striker/forward, center midfielder, winger/outside midfielder, defender and goalkeeper. Players will also understand how each role is affected within each section of the field: attacking, midfield and defensive thirds of the field. The training curriculum is designed to nurture growth not only functionally, but also in all components of the game: technical, tactical, psychology and fitness (physical).

Unlike other instructional soccer programs the SOCCER F.I.T. ACADEMY™ allows players to choose which specific sessions to attend according to which function (position) they would like to train in or players can attend the full week of sessions (all positions). The more sessions a player attends the more training they receive and the better the discounted rate! The training environment is primarily geared towards U11-U19 players and is open to any advance/select/premier soccer player from any club, male or female.

The SOCCER F.I.T. ACADEMY™ is the official off-season training program for the Clay County Soccer Club and is directed by **Carlos Manuel**, Clay County Soccer Club Director of Coaching and FYSA Olympic Development Program (ODP) Staff Coach. Carlos holds his USSF National B, USSF National Youth and NSCAA Level 1 GK Diploma and is a long time Jacksonville-area professional youth coach who’s developed some of the best soccer players and teams to come out of the Northeast Florida area. Assistant Camp Director is **Matt Hollyoak**, standout colligate player at University of North Florida, former England Youth National Team player and CCSC Premier Team Coach. The Soccer FIT Academy may also bring in some of the top professional youth soccer coaches and players in Florida to be Academy Instructors. The player to coach ratio is typically kept around 11 players to 1 instructor. Spaces are limited, so please register early!

### COSTS

1 Session: \$55 per player (does **NOT** included Academy T-Shirt)  
2 Sessions: \$90 per player (**includes** Academy T-Shirt!)  
3 Sessions: \$125 per player (**includes** Academy T-Shirt!)  
ALL 4 Sessions: \$140 per player (**includes** Academy T-Shirt!)

- There is a minimum of **16** registered participants for each session to be confirmed.
- Soccer FIT Academy participants can purchase the official Academy T-Shirt for **\$15** each (inc. sales tax).

### CAMP LOCATION

All SOCCER F.I.T. ACADEMY™ sessions will be at:

*The Dennis Viollet Soccer Complex at Eagle Harbor  
4387 Lakeshore Drive  
Fleming Island, FL 32003*

## **SCHEDULE OF PREMIER CAMP SESSIONS**

### **Monday, July 12, 2010, 9AM-2PM: Strikers/Forwards (+ Goalkeepers), U11-U18**

Topics may include:

- 1v1 moves
- Ball Striking & Finishing
- Playing Balls Out of the Air
- Penetrating Defenses
- Set Pieces: Attacking

### **Tuesday, July 13, 2010, 9AM-2PM: Center Midfielders (+ Goalkeepers), U11-U18**

Topics may include:

- Playmaking
- Dynamic Passing & Receiving
- Progressive Possession & Penetration
- Speed of Play

### **Wednesday, July 14, 2010, 9AM-2PM: Wingers/Outside Midfielders (+ Goalkeepers), U11-U18**

Topics may include:

- Flank Play
- Penetrating Defenses
- Crossing & Finishing
- Speed of Play

### **Thursday July 15, 2010, 9AM-2PM: Defenders (+ Goalkeepers), U11-U18**

Topics may include:

- Individual Defending Principles
- Building Out of the Back
- Counter Attacks
- Defensive Clearing

## **REGISTRATION INSTRUCTIONS**

- You can download the SOCCER F.I.T. ACADEMY™ Application and Medical Release Form online at [www.claycountysoccer.com](http://www.claycountysoccer.com), click on the SOCCER F.I.T. ACADEMY™ LINK or stop by the Clay County Soccer Club Office on Lakeshore Drive Monday-Thursday, 4-7 PM.
- You can drop off the application at the CCSC Office Monday-Thursday, 4-7 PM, along with a check made payable to: *Clay County Soccer Club* (there will be a \$40 fee for any returned checks).
- Deadline for registration is **JUNE 16, 2010**.
- A confirmation email will be sent to each participant confirming their acceptance prior to JULY 2<sup>nd</sup>. If a participant does not receive communication by JULY 2<sup>nd</sup>, they will need to contact the Academy per the information below.
- For questions or additional information, please contact **Carlos Manuel** at [soccerfitacademy@yahoo.com](mailto:soccerfitacademy@yahoo.com) or the **CCSC Office at (904) 278-1182**.

## **SAMPLE DAILY TRAINING SCHEDULE**

9:00 AM	Players Check In
9:10 AM	Warm-Up Activity
9:30 AM	Technical Activity
10:15 AM	Tactical Activity (may include classroom or video session)
11:00 AM	Functional Activity (may include classroom or video session)
11:45 AM	Lunch Break
12:15 PM	Conditioned Games
1:00 PM	Unconditioned Games
1:45 PM	Review & Cool-Down
2:00 PM	Players Dismissed

