



2009 MSA SUMMER SOCCER CAMPS



Week 1: Monday, June 15 – Thursday, June 18

Week 2: Monday, June 22 – Thursday, June 25

Week 3: Monday, July 27 – Thursday, July 30

9am – 12 noon Cost \$60/person at MSA Park Ages 6 - 14

(Sign up for two camps for \$110 or all three camps for \$150)

Come experience the popular MSA Soccer Camp. Coach Gidman and his staff make this camp fun with lots of learning, skill repetition, and games. All players should bring a ball (pumped up), water bottle, cleats, and shin-pads. The camp is held at the MSA Soccer Park on Cleveland Road 2 miles east of Bittersweet Rd. All players will receive a Camp T-Shirt and prizes will be give out daily

CAMP SCHEDULE



9:00 am	Drop Off
9:05 am	Rosters
9:15 am	Warm-up
9:30 am	Technical Skills
10:00 am	Possession
10:30 am	Small Sided Game
11:00 am	Coach Competition
11:15 am	Game (two 20-minute halves)
12 noon	Dismissal



Shooting Camp: Monday, July 27 – Wednesday, July 29

4:00 to 6:00 pm for ages 8 – 16 Cost \$40/person at MSA Park

Coach Gidman and his staff will run a fast paced shooting camp which will help every player develop their shooting technique, accuracy and power. Players will also have an opportunity to learn and develop striking the ball with the laces, bending the ball with the inside and outside of the foot, and determining when to use power and when to use placement. The camp will also allow players to take penalty kicks and free kicks. Time will be spent on more technical elements such as full and half volleys, combination shooting, and heading. The camp is structured so that players are getting hundreds of shots in every session as compared to getting a few shots in a regular practice. Every player that comes to this camp will leave a better and more confident shooter.

SHOOTING CAMP STRUCTURE

	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>
4:00 PM	Warm-up	Warm-up	Warm-up	Warm-up
4:15 PM	Side foot Placement	Power Shooting	Volleys / ½ Volleys	Combinations
4:45 PM	Instep Bending	Laces Down	Heading for Power	Free Kicks
5:15 PM	Outside Bending	Chipping	Breakaways	Finishing Crosses
5:45 PM	Penalty Contest	Penalty Contest	Penalty Contest	Penalty Contest
6:00 PM	AWARDS	AWARDS	AWARDS	AWARDS

All players will be ability grouped and placed with players of similar abilities to maximize the development.

REGISTRATION FORM

Week 1 Week 2 Week 3 \$60 NAME: _____ AGE: _____

4 pm Shooting Camp \$40 ADDRESS: _____

Two half day camps for \$110 * All three half day camps for \$150 PHONE: _____ M / F (circle)

CHECK TOTAL: _____

Make checks payable to: Michiana Soccer Association, P.O. Box 4337, South Bend, Indiana 46634
QUESTIONS? Call Coach Gidman 574-386-5427 or email him at greg.gidman@yahoo.com