



Girls 2017 Summer Soccer Camps

REGISTRATION NOW OPEN

United FC is excited to announce its first year of ALL GIRLS Summer Soccer Camps! This is a wonderful opportunity for girls to have a camp experience with teammates, friends, and schoolmates. Camps will be held indoors and OUT of the heat at Ultimate Soccer Arenas, and are **open to players born between 2003-2011**. Players from outside of United FC are also welcome! Each camp will include a variety of technical/tactical concepts, skills challenges (with prizes), and small sided and 3v3 games-both soccer and futsal.

Players will be mixed together in groups of similar ages and/or skills. Younger age skill sessions will focus on fundamental skills, while older ages will marry technical training with a more sophisticated curriculum that lends itself to problem solving in games.

WEEK 1 SOCCER WITH SAQ (STRENGTH AGILITY QUICKNESS) JULY 24-28

Each day a portion of camp will combine a soccer technical training topic WITH SAQ to help build up the quickness, coordination, lateral and vertical movement, and general agility of girls. These camp days will drive up not just soccer skill, but fitness as well!

WEEK 2 U.S. WOMEN'S NATIONAL TEAM WEEK JULY 31-AUGUST 4

The skill theme focused on each day will revolve around the technical and/or tactical strengths of a different U.S. Women's National Team star such as Alex Morgan, Carli Lloyd, Tobin Heath, and Julie Johnston.

WEEK 3 PRE-SEASON TECHNICAL TRAINING WEEK AUGUST 7-11

As players prepare to soon embark back into their team environments, this week will have a heavy emphasis on individual touches. Foot skills, attacking feints, turns, first touch on the ground and from the air, finishing etc.

Sample camp day itinerary below (Full day campers get 1 hour lunch break):

MORNING SESSION 9 AM - NOON

- 9:00 (15 min) Warmup / Individual Touches
- 9:15 (60 min) Technical topic of day, session 1
- 10:15 (15 min) Break
- 10:30 (45 min) Technical topic of the day, session 2
- 11:15 (45 min) Small sided games - soccer OR futsal

AFTERNOON SESSION 1 PM - 4 PM

- 1:00 (15 min) Warmup / Individual Touches
- 1:15 (60 min) Technical topic of day, session 3
- 2:15 (15 min) Break
- 2:30 (30 min) Skills competition for prizes
- 3:00 (60 min) 3 v 3 tournament—soccer OR futsal

FULL DAY: (9 AM-4 PM) \$75 per day OR \$325 full week

HALF DAY: AM (9 AM-12) or PM (1 PM-4) \$45 per day OR \$195 full week

LATCH KEY - Drop off at 8:15 AM and/or pick up at 5 PM. \$10 per day paid in person at camp.

TO REGISTER: go to www.unitedfc-soccer.com Log in or Create new ID - once logged in click on "My Account" then under player that you want registered, click programs available and click on 2017 Summer Soccer Camps

QUESTIONS?

Girls Camp Director Mark Hanna 248-790-2869 or mhanna@unitedfcmi.com