

T3 2009 Residential Camp

Details

Date: June 25, 2009 (Evening) through June 28, 2009 (Afternoon)

Location: Eastern University, Suburban Mainline, Philadelphia; Site: Soccer Complex synthetic grass fields. Sponsored by ADIDAS

Staff: Head Coaches and Assistants of both Eastern University and Franklin and Marshall T3 Soccer staff

Participants: Camp is open to all High school teams and High school juniors and **interested in either Eastern or F&M are strongly encouraged to attend** as this opportunity for both College coach and high school player to learn more about our



Price: \$370 (\$150 deposit due at registration time): Air Conditioned housing and meals at Eastern University are included in price

General Camp Curriculum

1 ¼ Hour Pre-Breakfast Session: This session will be used for T3soccer's Dueler Program and will occur on Friday and Saturday only.

- * The Dueler Program is a series of moves and turns used to beat a player that is directly in front, beside or diagonal to his opponent. The program is intentionally designed for coaches to be able to teach and re-teach during the High School season, as it will greatly improve technical execution in 1 v 1 situations. Skills learned during these sessions will be further implemented and refined throughout the rest of camp.

Breakfast then 1 ½ hour Morning session: Programs will receive specialized training specific to their team's system of play. This will vary greatly from program to program, and will be created after close consultation with the High School's Head Coach. This portion will have two important components which include

Functional training: forwards, defenders, midfielders and keepers training with position specific experts.

Full team shape and choreography. This phase will include 11 players moving on the field in a way agreed upon by the Coach and T3soccer staff. The functional training phase will create the building blocks for the 11v11 shape phase.

- * This phase of camp is very unique to T3Soccer. It is much more personalized and tailored to the needs of the individual team than the typical team camp.

- * **Individual players considering Eastern University or Franklin and Marshall College will be taught the preferred system of play of Eastern and Franklin & Marshall.**

Lunch, then 1 ¼ hour Afternoon session: Competitive ladder tournaments, which will be fun and give players a lot of time to refine technique. Drills are high energy, very fun and almost always include full size goals.

Dinner then, 1 ¾ hour evening Session: Match play against other teams. T3soccer staff will coach through these sessions. The purpose of these games is not just to give the players time to play, but for the T3soccer staff to help coach through an 11v11 environment. All games on the match field will be video recorded and given to the coach.

To register for camp, please fill in form which can be found here

<http://spreadsheets.google.com/viewform?key=plGPxNwd3bgiS3as1id-sAQ> This form can also be found at t3soccer.com