

2009

July 20th–24th

PIONEER SOCCER

MALONE UNIVERSITY'S HIGH SCHOOL SUMMER SOCCER CAMP

Boys and Girls Grades 9-12 • 9am – 3pm

Registration Fee: \$185 (lunch provide through the Malone University Cafeteria)
\$150 (bring your own lunch each day)

FEATURES

- Technical, tactical, and small-sided games training with Malone University's men's and women's coaching staff, as well as current Malone University collegiate players.
- Position specific training and learning principles of attacking and defending
- Special topic discussions: nutrition, goal setting, becoming a team leader, injury prevention, college preparation, and more...

WHAT TO BRING

Soccer shoes, shin guards, water bottle, change of shoes to wear to lunch and topic discussion sessions

HOW TO REGISTER

Visit <http://www.malone.edu/1794> for registration information.

Mail in registration or online registration.

SCHEDULE

9:00am – Check-in

Check-in is at the soccer game field, which is located over the hill behind the Brehme Centennial Center

9:15-10:00am

Warm-Up & Speed/Agility Training

10:00-11:00

Technical & Position Specific Training

11:00-11:30am

Special Topics Discussion

11:30-12:30pm

Lunch-campers will eat in the cafeteria

12:30-1:30pm

Tactical & Position Specific Training

1:30-2:30pm

Team Games-small sided to 11 v 11

2:30-3pm

Cool Down and Pick-up

QUESTIONS

Women's Coach Leta Gramlich
Email: lgramlich@malone.edu
Office: 330-471-8597
Athletic Office: 330-471-8300

Men's Coach Chris Carmichael
Email: ccarmichael@malone.edu
Office: 330-471-8175
Athletic Office: 330-471-8300