




# 2009 SPRING BREAK SOCCER CAMPS

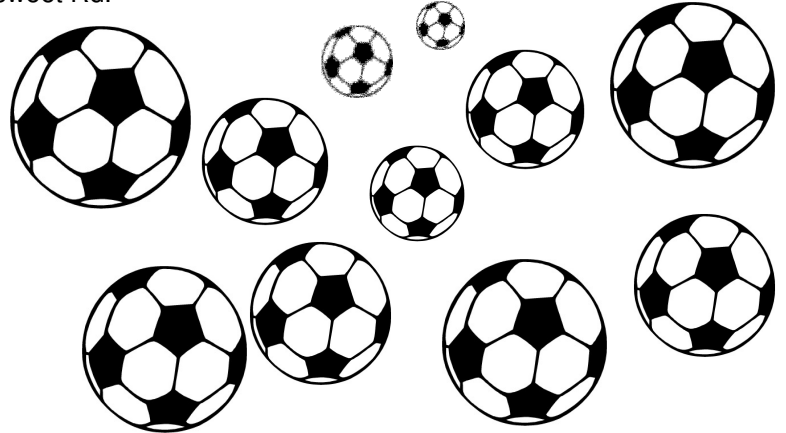


**Monday, April 6 – Thursday, April 9**

	<b>HALF DAY SOCCER CAMP</b>	9am – 12 noon	Cost \$50/person at MSA Park
	<b>SHOOTING CAMP</b>	3 pm – 5 pm	Cost \$40/person at Jr. Irish Soccer Fields

Come experience the popular Spring Break 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.

<u>TIME</u>	<u>Activity</u>
9:00 am	Drop Off
9:05 am	Rosters
9:15 am	Warm-up
9:30 am	Technical Skills
9:55 am	5 Min Break
10:00 am	Possession
10:25 am	5 Min Break
10:30 am	Small Sided Game
10:55 am	5 Min Break
11:00 am	Coach Competition
11:15 am	Game (two 20-minute halves)
12 noon	Dismissal



Coach Gidman and his staff will run a fast paced shooting camp at the Junior Irish Soccer Fields (1 mile west of Bendix on Nimtzy Parkway) 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. *(This camp requires keepers as well and though there will not be extensive instruction, keepers will have an opportunity to receive hundreds of shots. Keepers will be able to develop technique through repetition and it will be a great physical workout.)*

### AFTERNOON SHOOTING CAMP(@ Jr Irish Soccer Fields)

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
3:00 PM	Warm-up	Warm-up	Warm-up	Warm-up
3:15 PM	Side foot Placement	Power Shooting	Volleys / ½ Volleys	Combinations
3:45 PM	Instep Bending	Laces Down	Heading for Power	Free Kicks
4:15 PM	Outside Bending	Chipping	Breakaways	Finishing Crosses
4:45 PM	Penalty Contest	Penalty Contest	Penalty Contest	Penalty Contest
5:00 PM	AWARDS	AWARDS	AWARDS	AWARDS

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

### REGISTRATION FORM

9am to Noon Camp    \_\_\_ \$50    NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

3-5pm Shooting Camp    \_\_\_ \$40    ADDRESS: \_\_\_\_\_

KEEPER:    Y    N    PHONE: \_\_\_\_\_    M    F (circle)

CHECK TOTAL: \_\_\_\_\_

**Make checks payable to: Greg Gidman 10622 Brems Court, Osceola, IN 46561**  
**QUESTIONS? Call Coach Gidman 574-386-5427 or email him at greg.gidman@yahoo.com**