



**NEXT LEVEL TRAINING**

# 5 DAY MINI CAMP PRE-TRYOUT TRAINING 2009

Core Soccer is offering a five day Pre-Tryout Training camp in May to help players get ready for club tryouts!

**Pre-tryout training** Working on all the areas covered during Tryouts.

Core skill based system – footwork speed, confident touch, speed w/ball

Speed of dribble w/out pressure

Skill to beat player / hesitation moves

Sharp passing combination

First touch mastery – bring balls out of the air and under pressure

1v1 defending and attacking

Slide tackling / poke tackle / block tackle

Correct shot selection – type of shot, angle of shot, placement over power "accuracy before power"

Tactics of small sided game 4v4/5v5/6v6

Speed, Agility & Fitness Training "Get Fit"

### Core Soccer Pre-tryout Training Camp

Core Academy is offering a five day mini pre-tryout camp for boys and girls from the ages of 10 - 18 in Ft. Collins Colorado.

### Mini Camp Dates and Times:

**May: 18/19/20/21/22**

### **BASED ON CURRENT AGE**

4:00-5:00pm – U10 girls **\$75**

5:00-6:00pm – U10 boys **\$75**

6:00-7:00pm – U11-14 boys & girls **\$75**

7:00-8:00pm – U15-U18 girls **\$75**

Camp location: **Fossil Ridge High School**

**REGISTRATION DEADLINE: May 4, 2009 or when full**

### Core Soccer Training Coaches:

#### **Craig Deacon**

4 years pro: Barnsley Football Club (English Div 1)  
St. Gregory's University (4 year captain)  
English P.F.A Licensed – level 1  
NSCAA – Premier License  
W-League Women's Colorado Force Head Coach

#### **Phil Cooper**

St.Gregory's University (4 year)  
English P.F.A Licensed – level 2  
NSCAA – Premier License  
Womens coach at North Western Oklahoma State Univ  
W-League Women's Colorado Force Assistant Coach

#### **Robb Ball**

Colorado Christian University  
National tournament winning coach  
Fossil Ridge H. S. Head Boys & Girls Coach

### Core Pre-Tryout Mini Camp 2009 Registration Form

Name: \_\_\_\_\_

Competitive Team: \_\_\_\_\_

Age: \_\_\_\_\_ M/F \_\_\_\_\_ DOB \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent/Guardian's Name/s: \_\_\_\_\_

Phone (Home) \_\_\_\_\_

Emergency Phone # \_\_\_\_\_

Email Address \_\_\_\_\_

**Payment: \_\_\_ \$75.00**

**Ck \_\_\_\_\_ or CC \_\_\_\_\_**

**CC # \_\_\_\_\_**

**Exp. Date \_\_\_\_\_**

**Signature \_\_\_\_\_**

**Name on Card \_\_\_\_\_**

#### **OFFICE USE ONLY**

Date: \_\_\_\_\_ Ini: \_\_\_\_\_ Auth#: \_\_\_\_\_

Check#: \_\_\_\_\_ Excel: \_\_\_\_\_ Outlook: \_\_\_\_\_

### **Parents release for medical treatment:**

My child has my permission to play soccer. On my child's behalf I hereby release persons with Core Soccer Academy of liability for injury from risks normally associated with playing or watching soccer. I authorize the coaches or training officials to obtain medical attention for my child in case of any emergency if unable to reach the physician stated below, and I release them from any responsibility for such medical attention.

Parent/Guardian signature: \_\_\_\_\_

Physician \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Mail To: Core Soccer Academy  
3534 JFK Pkwy, Ste C  
Fort Collins, CO 80525

To register call, email or fax at  
(970) 207-1886, (970) 207-1486 Fax  
[phil@coresoccer.com](mailto:phil@coresoccer.com), [wendy@coresoccer.com](mailto:wendy@coresoccer.com)

For additional info or downloadable flyers visit: [www.coresoccer.com](http://www.coresoccer.com)