



THE SOCCER F.I.T. ACADEMY™ YOUTH DEVELOPMENT CAMP

PRESENTED BY THE CLAY COUNTY SOCCER CLUB, ADIDAS & EUROSPOORT

The Soccer FIT Academy™ **YOUTH DEVELOPMENT CAMP** is dynamic soccer training program designed specifically for the **recreation and academy level player** to develop a passion for the game through a fun, yet challenging soccer environment. The camp is for **U8, U9, U10, U11 and U12 players** who play at the recreational, academy or developmental level, yet want to build on their abilities and soccer experiences. The training curriculum is designed to nurture growth in all components of the game through age and developmentally appropriate activities and information.

Unlike the PREMIER version of the Soccer FIT Academy camp series, Youth Development Camp participants will attend all four sessions offered (so it is not necessary to choose which sessions they want to attend). Also, unlike the Premier version, the Youth Development Camp does not teach positional or functional play. Rather, it focuses on building comfort and confidence with the ball at the player's feet, building on foot-eye coordination, introducing foot flexibility and body awareness and teaching solid decision making.

The SOCCER F.I.T. ACADEMY™ is the official off-season training program for the Clay County Soccer Club. The camp is directed by **Carlos Manuel**, Clay County Soccer Club Director of Coaching and Florida Youth Soccer Association (FYSA) Olympic Development Program (ODP) Staff Coach. Carlos holds his USSF National B, USSF National Youth and NSCAA Level 1 GK Diploma and is a long time Jacksonville-area professional youth coach who's developed some of the best soccer players and teams to come out of the Northeast Florida area. Assistant Camp Director is **Matt Hollyoak**, standout collegiate player at University of North Florida, former England Youth National Team player and CCSC Premier Team Coach. The Soccer FIT Academy may also bring in some of the top professional youth soccer coaches and players in Florida to be Academy Instructors. The player to coach ratio is typically kept around 11 players to 1 instructor. Spaces are limited, so please register early!

COSTS

\$80 per player for ALL 4 Youth Development (Rec) Camp Sessions and **includes** camp T-shirt!

- There is a minimum of **20** total registered participants for the camp to be confirmed.
- Additional Soccer FIT Academy T-shirts can be bought for **\$15** per shirt (includes sales tax).

SCHEDULE OF SESSIONS

Youth Development Camp (Recreation & Academy Level Camp)

- Monday, April 5th – Thursday, April 8th, 2010
- 9:00 – 11:30 AM each day

CAMP LOCATION

All SOCCER F.I.T. ACADEMY™ sessions will be at:

*The Dennis Viollet Soccer Complex at Eagle Harbor
4387 Lakeshore Drive
Fleming Island, FL 32003*

YOUTH DEVELOPMENT CAMP SAMPLE DAILY TRAINING SCHEDULE

9:00 AM	Players Check In
9:05 AM	Warm-Up Game
9:20 AM	Fun Technical Activity
9:45 AM	Fun Small Group Activity
10:10 AM	Snack Break
10:25 AM	Fun Conditioned Games
10:50 AM	Small-Sided Games
11:15 AM	Review & Cool Down
11:30 AM	Players Dismissed

REGISTRATION INSTRUCTIONS

- You can download the SOCCER F.I.T. ACADEMY™ Application and Medical Release Form online at www.claycountysoccer.com, click on the SOCCER F.I.T. ACADEMY™ LINK or stop by the Clay County Soccer Club Office on Lakeshore Drive Monday-Thursday, 4-7 PM.
- You can drop off the application at the CCSC Office Monday-Thursday, 4-7 PM, along with a check made payable to: *Clay County Soccer Club* (there will be a \$35 fee for any returned checks).
- Deadline for registration is **March 26, 2010**.
- A confirmation email will be sent to each participant confirming their acceptance prior to March 31st. If a participant does not receive communication by March 31st, they will need to contact the Academy per the information below.
- For questions or additional information, please contact **Carlos Manuel** at soccerfitacademy@yahoo.com or the **CCSC Office at (904) 278-1182**.