

## OTHER PROGRAMS

### SUMMER, WINTER, AND SPRING BREAK CAMPS:

We offer year-round camps to keep players busy and challenged during their time off from school.

**GOALKEEPER TRAINING:** Total Soccer offers a variety of training programs to fit the goalkeeper's unique needs.

**TEAM TRAINING:** At your fields, or in one of our Total Soccer Academy locations, Total Soccer can design a year-round program that meets the needs of your team.

**YOUTH PROGRAMS:** Soccer Starters (3-5 yrs) and Skill Builders (6-7 yrs) are programs geared toward the development of fundamental skills through fun and exciting games children will know and love. Both programs will promote a fun environment, and help prepare your child for a future in competitive soccer.

**BIRTHDAY PARTIES:** Host a fun filled celebration at any of our locations. Total Soccer will provide instructors who will organize exciting soccer games for all attending.



## THE LATEST NEWS

Become a fan to receive updates and interact with the Total Soccer coaches.



## MULTIMEDIA RESOURCES

Subscribe to our YouTube channel and see all the latest Total Soccer videos, including the "Move of the Week"



## VISIT OUR WEBSITE!

For additional program information, pricing, current schedules, and a list of our Total Soccer Academy locations in Pennsylvania and New Jersey, visit:

[www.totalsoccer.us](http://www.totalsoccer.us)

# TOTAL SOCCER



**adidas**  
The Official Outfitter  
of Total Soccer

## THE RIGHT WAY TO TRAIN

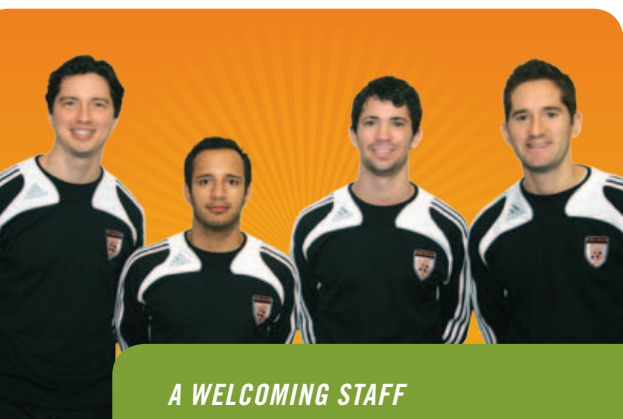
TOP SOCCER INSTRUCTION  
PROGRAMS AND CAMPS FOR ALL AGES.

(877) 557-3100  
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# C.OMBINATION O.RIGINALITY R.HYTHM E.XECUTION

## INSTRUCTORS

The full-time staff at The Total Soccer Academy are dedicated to producing players who are dominant in one versus one situations through the unique C.O.R.E. curriculum. The Total Soccer coaching staff have collegiate and professional playing experience, combined with the highest coaching credentials.



### A WELCOMING STAFF

*Their personalities are exactly what every parent looks for in trainers and mentors; experienced, successful, effusive, outgoing, and motivating people!*

- Brian Melton  
(Parent)

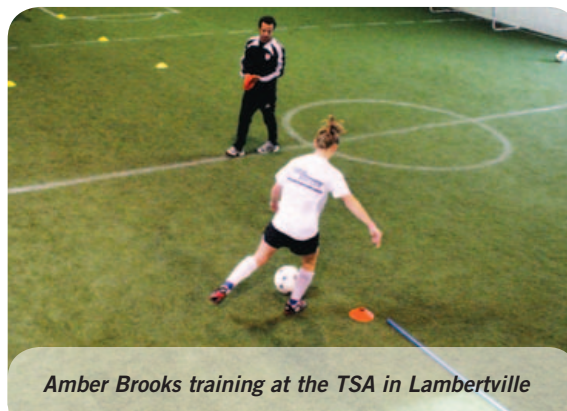
## THE ACADEMIES

The Total Soccer Academies are indoor facilities that allow players to enjoy a comfortable training environment all year round. The 'grass' like turf surface is perfect for team, goalkeeper, individual and group training.

Players that train at the Total Soccer Academy will also receive a player journal, so they can track their improvement throughout their training program.

The C.O.R.E curriculum enables players of all ages to reach their maximum potential through their dedication and our unique training program. Players will be assigned a C.O.R.E group based on age and the needs of the player in relation to the C.O.R.E curriculum.

All groups have a maximum number of six participants, ensuring that each player will receive a great deal of individual attention from our staff.



Amber Brooks training at the TSA in Lambertville

### THE NEXT LEVEL

*A few years ago, I was at a turning point in my soccer career. I had a lot of physical and athletic skills to be a good player, however, to be able to compete with the best I needed to be able to develop my level of technical skills. Fortunately, I found Total Soccer. Together, they have helped me develop soccer skills that enable me to compete at the national level of soccer.*

- Amber Brooks  
(U.S. Women's U-20 National Team)

## PRE-C.O.R.E

For players ages 7-9. The emphasis here is to introduce techniques necessary for a successful start towards competitive soccer.

## C.O.R.E. ONE

These players will typically range from 9-12 years old. The emphasis here is to maximize the amount of touches with the ball while also addressing the foundation of technique.

## C.O.R.E. TWO

These players will typically range from 12-14 years old. They will learn to apply CORE 1 techniques in one versus one situations.

## C.O.R.E THREE

These players will typically be 15 years old or older. The emphasis of CORE 3 is to provide an environment where players have to make quick, creative decisions in match related situations.



### PREPARATION

*As a collegiate athlete, my off-season training is extremely important to me. The Total Soccer staff has provided a training program that has helped me compete and excel at the college level.*

- Ian Forster  
Gettysburg College