



## Summer Team Camps – Team Info Sheet

Team Name: \_\_\_\_\_ Team Contact: \_\_\_\_\_  
 Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Home Number: \_\_\_\_\_ Mobile Number: \_\_\_\_\_  
 Email: \_\_\_\_\_

### Player Roster (minimum of 8 players):

|     |     |     |
|-----|-----|-----|
| 1.  | 2.  | 3.  |
| 4.  | 5.  | 6.  |
| 7.  | 8.  | 9.  |
| 10. | 11. | 12. |
| 13. | 14. | 15. |
| 16. | 17. | 18. |

Dates Requested (call for availability): \_\_\_\_\_ Time Requested: \_\_\_\_\_

### Daily Topics Requested (Optional)

Monday: \_\_\_\_\_  
 Tuesday: \_\_\_\_\_  
 Wednesday: \_\_\_\_\_  
 Thursday: \_\_\_\_\_  
 Friday: \_\_\_\_\_

Cost: 3-day **\$100 per player** (includes t-shirt and bag)  
 4-day **\$120 per player** (includes t-shirt and bag)  
 5-day **\$140 per player** (includes t-shirt and bag)

### Benefits of Team Camps:

- Great way to get prepared for a Summer tournament or the upcoming Fall season
- Focused learning helps teams improve in one or more areas very quickly
- Great for team building and unity, especially with recently formed teams
- Sessions are always tailored to meet the needs of each individual team

### How to Apply (coaches):

1. Call Total Soccer to set up your team’s online sign-up link
2. Fill out Team Info sheet to set up curriculum
3. Email the team’s link to the parents for online signups:



## Player Sheet and Parental Consent Form

Player's Name \_\_\_\_\_ Team Name (club and team name) \_\_\_\_\_

Guardian's Name/Relationship \_\_\_\_\_

Allergies and Medications \_\_\_\_\_

Relevant or Recent Illnesses or Injuries \_\_\_\_\_

Emergency Contact's Name \_\_\_\_\_ Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Insurance Company \_\_\_\_\_ Group# \_\_\_\_\_ Policy# \_\_\_\_\_ Phone \_\_\_\_\_

### MEDICAL RELEASE

My child is in good health and has my permission to participate in soccer training. He/she has no previous illness or bodily injury which will keep him/her from participating in the sport of soccer.

Participation in any sport may cause physical injury including sprains, strains, contusions, fractures, dislocations, ruptures, herniations, lacerations, concussions and even death. I authorize the nurses, doctors, trainers and emergency personnel to administer First Aid or care as deemed necessary.

We, the undersigned, for ourselves, our heirs, executors and administrators, waive, release and forever discharge Total Soccer, LLC, its staff, officers, agents, representatives, employees, successors, and assigns to and from any and all rights and claims for damages to person and property activities, or while partaking in training at any site.

Date \_\_\_\_\_ Parent or Guardian's Signature \_\_\_\_\_

### How to Apply (players):

1. Get link for online signup from your coach, or
2. Fill out this form and give it to your coach.

### Credit Card Payment Form (Visa or Mastercard ONLY)

Name on Card: \_\_\_\_\_ Billing Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
 3-digit # (on back) \_\_\_\_\_ Exp. date \_\_\_\_/\_\_\_\_/\_\_\_\_ Amount: \$ \_\_\_\_\_  
 Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Summer Team Camps – Camp Curriculum Sheet

### Typical Day (based on a 3-hour camp)

- 10 mins** Warm Up (specific to the day's topic)
- 25 mins** Introduction to Topic 1 (Technique, 1v1 or small group)  
**25 mins** Progression of Topic 1 (Game Related)
- 5 mins** Snack/Break
- 25 mins** Introduction to Topic 2 (Technique, 1v1 or small group)  
**25 mins** Progression of Topic 2 (Game Related)
- 15 mins** Clinic of the Day - Introduce a skill, related to the daily theme, in which players compete for points. Points are added daily and an eventual winner is decided on the final day.
- 45 mins** Small Sided Tournament

### Recommended topics

#### Technical Topics

1. Passing and Receiving
2. Dribbling – (1) for possession (turns), (2) to beat a player (moves and feints)
3. Ball Striking - (1) shooting, (2) long-balls (driven balls)

#### Possession Topics

1. Movement off the ball – Support
2. Spatial Awareness

#### Attacking Topics

1. Attacking 1v1, 2v2, 3v3
2. Finishing on goal
3. Counter Attacking

#### Defending Topics

1. Defending 1v1, 2v2, 3v3
2. Defensive Shape – Positioning
3. Zonal defending

#### Systems of Play Topics

1. Full-sided (4-4-2, 3-5-2, 4-3-3, 3-4-3)
2. Small-sided (2-3-2, 3-3-1)

#### Speed, Agility and Fitness Topics

1. Speed, Agility and Quickness (SAQ) training
2. Strength and Conditioning
3. Endurance and general fitness training