



Team Camps Info Sheet

Cost:

Number of Players	8-11 Players	12 Or More Players
5 Day Camp: 3hrs/day	\$150/Player	\$135/Player
4 Day Camp: 3hrs/day	\$135/Player	\$120/Player

How to Apply:

1. Contact Total Soccer office by phone or email
2. Total Soccer sets up on-line registration
3. Team manager emails link to team and individuals go on-line to register
4. Individuals use credit card to leave a minimum deposit

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

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Official Outfitter of Total Soccer

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



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