



# **Girls Elite Training Soccer Camp**

## **July 19-22**

### **9:00am -2.00pm at GSA**

**The camp will focus on the following:**

**Dribbling:** Focus on ways to maintain possession of the ball as well as learn different moves used by professionals to create space and evade defenders.

**Heading:** Learn the different methods to head the ball, specific to different game situations, while stressing the skills needed to improve directional heading.

**Passing & Control:** Improve both long- and short-range passing accuracy, and learn to play away from pressure with your first touch--giving you more time to make decisions.

**Shooting:** Work on striking the ball cleanly and accurately, so that you put a higher percentage of shots in the back of the net.

**Agility:** Improve footwork while increasing your balance and speed, thereby giving you that extra step to pass your opponent

<b>Session #1</b>	<b>9:00am-11:00am</b>	
<b>Lunch</b>	<b>11:00am-12:00pm</b>	<b>(Players will need to bring lunch)</b>
<b>Session #2</b>	<b>12:00pm-2:00pm</b>	

**Cost \$160**

**To register for the camp email [campbell.chapman@gsasoccer.com](mailto:campbell.chapman@gsasoccer.com)**