



BU Elite Soccer Performance Camp

2 Day advanced soccer camp for high school boys that will help player achieve better soccer performance

Date: July 24-25, 2020

Ages: High School Age Field Players & Goalkeepers

Price: (Fri. & Sat.) Two Days - \$120 per player

Time: Friday (10:00 AM - 4:30 PM EST) | Saturday (10:00 AM - 4:00 PM EST)

Location: Bethel University Campus

Camp is designed to help players develop in three areas: COGNITION, COMPETENCE and CHARACTER.

Developmental aspects will help players be better technically with the ball, understand some key tactical principles within the game and improve decision making within the different phases of the game. Each day players will be immersed with instruction and learning on:

- A topic within a phase of the game with video analysis (Pressing
- How to optimize athletic performance
- Player Profile, IDP, and assessment

Sign-up at www.bethelmenssocceramps.com

FRIDAY, JULY 24 TH	
9:45am	Drop-Off & Check-In at the soccer field
10:00am - 12:00pm	Training Session – Pressing & Counter Pressing Focused Activities
12:00pm - 12:30pm	Lunch (provided for athlete)
12:30pm - 1:15pm	Video Analysis on Pressing/Counter-Pressing Topic
1:30 pm	Optimizing Athletic Performance <ul style="list-style-type: none"> • Tracking your objectives • Injury Prevention • Daily routine <ul style="list-style-type: none"> • Pre-training Ind. Activation • Strength Training • Game Day
2:30pm - 4:00pm	Rondo, Positional Play and Training games
4:00pm – 4:30pm	Player Profile, IDP and Game Day Culture

SATURDAY, JULY 25 TH	
9:45am	Drop-Off at the soccer field
10:00am – 11:00am	Player Profile and Assessment
11:00am - 12:00pm	Training Session – Attacking/Building out of the back Focused Activities
12:30pm - 1:00pm	Lunch (provided for athlete)
1:00pm - 1:30pm	Video Analysis on Building Out of the Back Topic
1:30 pm	Optimizing Athletic Performance <ul style="list-style-type: none"> • Tracking your objectives • Injury Prevention • Daily routine <ul style="list-style-type: none"> • Pre-training Ind. Activation • Strength Training • Game Dav
2:00pm - 3:30pm	Rondo, Positional Play and Training games
3:30pm – 4:00pm	“Playing at the Elite Level” – Live panel with college and pro player

Contact person: Thiago Pinto – Phone: (574) 807-7205 – E-mail: Thiago.pinto@betheluniversity.edu

www.bethelmenssocceramps.com

Please return registration form with payment to thiago.pinto@betheluniversity.edu or mail it to:

*Bethel Men's Soccer
1001 Bethel Circle
Mishawaka, IN 46545*

Credit card registration at <http://www.bethelmenssocceramps.com/>

2020 INDIVIDUAL REGISTRATION (if registering a group skip to group registration below)

Player's Name _____ E-mail _____
Parent(s) Name _____ E-mail _____
Address _____

Position (please circle one) GK, D, M, F Cell Phone (_____) _____
Age: _____ Shirt Size: _____ High School Team _____
Emergency Contact: _____ Emergency Phone: (____) _____

GROUP REGISTRATION

High School/Team/Group _____
Contact _____ E-mail _____
Address _____
Cell Phone (_____) _____

ROSTER INFO - Please submit Group roster to Thiago.Pinto@betheluniversity.edu

Make check payable and mail to:
Bethel University Men's Soccer
ATTN: Thiago Pinto
1001 Bethel Circle
Mishawaka, IN 46545

Please complete waiver online at https://bethel_university.formstack.com/forms/bethel_soccer_waiver

Contact person: Thiago Pinto – Phone: (574) 807-7205 – E-mail: Thiago.pinto@betheluniversity.edu