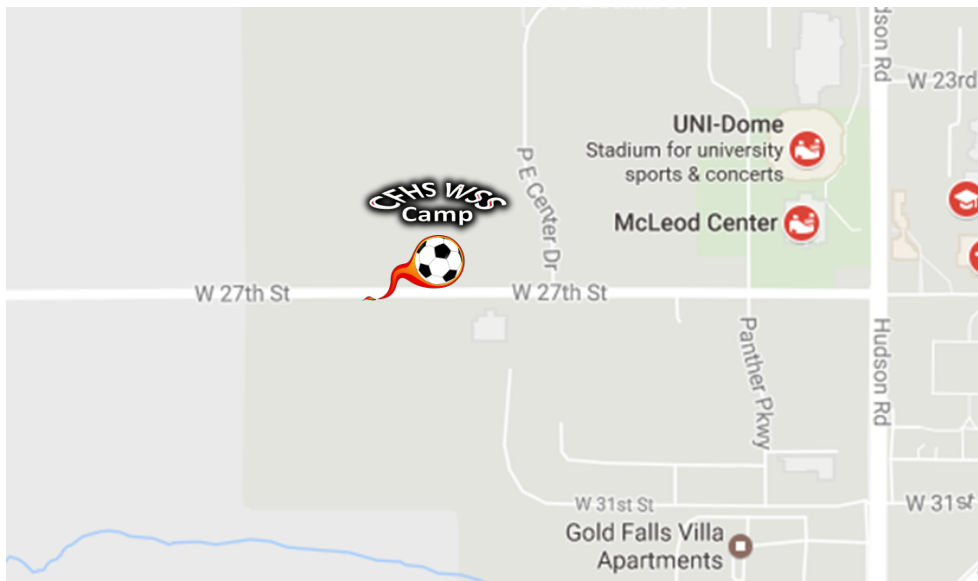


Cedar Falls High School Women's Soccer Summer Camp

Dates: 19-21 (Monday-Wednesday) June 2017

Times: 8am-12pm

Location: UNI Soccer Practice Fields, located on the north side of 27th Street, past University Mills Apartments and PE Center Drive. Parents are required to drop off/pick up their children - there will not be a bus to transport kids to the camp. There is parking in case parents would like to stay and watch.



What to Bring: Water bottle, athletic shoes (soccer cleats recommended), sunscreen, shinguards. CFHS Women's Soccer staff will supply all soccer equipment for players to use.

Age Range: Girls going into 5th-8th grades in the Fall of 2017.

Cost: \$40/player. Make checks payable to "Cedar Falls High School Women's Soccer". All money generated from the camp will go back into the Cedar Falls High School Women's Soccer program. Checks can be mailed/dropped off with the registration/waiver to the Cedar Falls High School Administration Office. The address for mailing is:

Cedar Falls High School – Women's Soccer, ATTN: Chris Kowalski
1015 S. Division Street
Cedar Falls, IA. 50613

Questions: Contact Chris Kowalski – Kowalski@uni.edu

Registration Deadline: 12 June 2017

Goal of participation: The goal of participating in the camp is to learn and improve soccer skills/knowledge in a fun, competitive setting.

Camp activities: Players will have the opportunity to learn from the Cedar Falls High Women's Soccer coaching staff and varsity players. Activities will include technical and tactical exercises, as well as small-sided and competitive games. A priority is fun and enjoyment while learning more about soccer!

The general schedule/key points for each camp day follow:

Monday, 19 June

8:00-8:45 -> Warm up/Technical Training

- Dynamic Warmup with the ball
- Passing/receiving with partners using different foot surfaces

8:45-9:45 -> Small Sided Matches

- Emphasize defender roles
- Supporting a teammate when defending

9:45-10:45 -> Competitive Games

- Defending and counterattacking
- Support teammates and defend together

10:45-11:45 -> 8v8, 9v9, 11v11

- Focus on team defending
- Working together when defending

Wednesday, 21 June

8:00-8:45 -> Warm up/Technical Training

- Dynamic Warmup with the ball
- Crossing/Receiving with a teammate

8:45-9:45 -> Small Sided Matches

- Defending and attacking with teammates
- Shooting and Finishing

9:45-10:45 -> Competitive Games

- 4v3/3v2 Transition Play
- Crossing/Finishing

10:45-11:45 -> 8v8, 9v9, 11v11

- "Putting it all together"
- Key points from all three days

Tuesday, 20 June

8:00-8:45 -> Warm up/Technical Training

- Dynamic Warmup with the ball
- Effective passing with a teammate

8:45-9:45 -> Small Sided Matches

- Emphasize switching the point of attack
- How to create an "Offensive Triangle"

9:45-10:45 -> Competitive Games

- Attacking and Finishing
- Switch the point of attack

10:45-11:45 -> 8v8, 9v9, 11v11

- Focus on attacking/switch point of attack
- Working as a team when attacking



PLEASE RETURN THIS PAGE WITH CHECK FOR REGISTRATION PURPOSES

Participant Name: _____

Age: _____ Grade (fall 2017): _____

School: _____

Home Address: _____

Parents' Phone Number: _____

Parents' Work Phone Number: _____

Parents' Email address: _____

Family Physician Name: _____

Family Physician Address: _____

Family Physician Phone Number: _____

*****PARENT'S RELEASE AND INDEMNITY AGREEMENT*****

We (or I) do hereby, release and agree to indemnify, defend, and hold harmless the Cedar Falls School District, State of Iowa, and their employees and agents, from and against all liability, including claims and suits at law or in equity, for damages or injuries, fatal or otherwise, which may result in any way from my daughter's participation in the Cedar Falls High School Women's Soccer Summer Camp. We (or I) hereby authorize the staff and volunteers of the Women's Soccer Program to act for us (or me), according to their best judgement in any emergency requiring medical attention and we (or I) hereby waive and release the program, its staff, and volunteers from any and all liabilities for any injuries or illness incurred while participating in the Cedar Falls High School Women's Soccer Camp.

Parent/Guardian Printed Name(s)

Parent/Guardian Signature

Date