



**RightStart Soccer
&
Youth Athletic Performance**

**RightStart Soccer
&
Youth Athletic Performance**

Improve your skill and athleticism this summer with RightStart Soccer and Youth Athletic Performance Camps and Clinics.

RightStart Soccer Camps & Clinics

Improve your tactical awareness and technical skills with our 3-Day Camps and One-Day Clinics. Each camp and clinic will be presented with our “Building Blocks to Better Soccer” model:
Technique, Movement, Speed, Fitness, & Confidence.

Youth Athletic Performance

Improve your Sports Speed technical skills. Change of Direction, Deceleration and Acceleration, and proper running mechanics and movement will be a few of the topics presented at this camp. Appropriate for athletes of all sports and abilities.



**RightStart Soccer
&
Youth Athletic Performance**

*Improve Your Skill
and
Athleticism*



RIGHTSTART SOCCER SUMMER PROGRAMS

Camp Descriptions

Soccer 3-Day Camps

Improve your tactical skills in a fun and safe environment in this fast paced three day camp. Each camp will include core technical skills such as Ball Mastery, passing and receiving, and Speed Training, and will conclude with a day of Shooting & Finishing. Each day will end with a small-sided scrimmage.

Soccer 1-Day Clinics

Each One-Day clinic will include Ball Mastery and Speed Dribbling, as well as a small sided scrimmage to finish the day. Core dribbling skills will be taught in a fun and challenging environment.

Speed & Athletic Development

This camp will focus on Sports Speed development, with an emphasis on Multi-Directional movement such as Deceleration and Acceleration, running mechanics, and how to load the body for quicker athletic movement. Jumping and landing skills will also be introduced.

3-Day Soccer Camps

June 15-17	8:30am-noon	Call for details
July 6-8	8:30am-noon	Call for details

One Day Soccer Clinics

Jun 25, 2010	8:30-noon	Call for details
Jul 1, 2010	8:30-noon	Call for details
Jul 16, 2010	8:30-noon	Call for details

Speed & Athletic Development (Ages 8-12)

June 22-24	8:30-10:30am	Call for details
July 13-15	8:30-10:30am	Call for details

Speed & Athletic Development (Ages 13 & up)

June 28-30	8:30-11:00am	Call for details
July 27-29	8:30-11:00am	Call for details

All RightStart Soccer summer programs will offer a fun and positive training experience for young athletes of all skill and experience levels. RightStart Soccer offers knowledge, passion, and a unique ability to work with youth athletes. We promise to offer skill and fitness learning opportunity and to challenge our athletes in a fun and safe environment.

