



North York Cosmos Soccer Club

Summer Soccer Camp

With Pedro Dias



Dates and Times

August 9 - 13 9:00 am - 4:00 pm for Ages U10 - U12

August 16 - 20 9:00 am - 4:00 pm for Ages U13 +

Location:

*Esther Shiner Hydro Fields 5
(Parking behind Herbert Carnegie Arena)*

Cost: *\$225.00/Week*

The Following information will help with your preparation for this Camp

1. Arrival and pick-up

- Arrive between 8:45 – 9 am (located behind the Arena off Finch Ave)
- Pick-up is at the same site between 4:00 p.m. and 4:15 p.m.
- Please drive slowly, carefully, and considerately on Park.

2. Daily Camp Schedule and Program

- 9:00 a.m. - 9:05 a.m. – WELCOME
- 9:05 a.m. - 10:45 a.m. – technical, fundamental skills, sportsmanship, skills training through development stations
- 11:00 a.m. – 11:40 a.m.
- 12:00 a.m. – 13:00 p.m. – LUNCH
- 13:00 p.m.– 13:30 p.m. – Theme of the day
- 14:00 p.m. - 15:15 p.m. – exercises, technical (skills); physical (speed and agility); and mental, (Intensity, discipline).Small side games
- 15:15 p.m. - 15:20 p.m. – SNACK TIME
- 15:20 p.m. – 16:00 p.m. – Small side games

3. What players should bring to Camp?

- Bring your own Lunch (light)
- Shin guards (mandatory)
- Bottle of water (with name)
- Sunscreen
- And lot's of energy!

4. What should you do if you have any other questions or need advice?

- Email: pedromigueldias2@sapo.pt or 647 378 0104

Technical Skills: Pass reception, ball protection, dribble, simulation, ball direction, speed strength, agility, attention, concentration, self-control, self-confidence, persistence, creativity, etc.

Exercises: Tactical games stimulate them technically, physically and mentally in equal measure, promote their understanding of the game, improve their perception and decision-making. Game situations on defense/attack