



Premier Academy of Soccer Skills Limited (PASS)

RESIDENTIAL SOCCER BOOT CAMPS



Boot Camp 2012

1 Week Elite Residential Training camp in
Sylvan Lake, AB

Sunday July 15th-Friday July 20th

**Training week specifically designed for U12-U18 girls or boys
(structured according to skill level)

Camp Overview



○ Overview

The PASS Residential Boot Camp is a camp catered for youth players and ran by top coaches, including UEFA B qualified ex pro UK Coaches and CSA qualified Canadian Coaches. It is an ideal opportunity to prepare for Provincials, Team Bonding, Key Development exercise or just get in some top level coaching on home soil.

The camp will focus on:

- Technical Training
- Daily fitness/conditioning sessions
- Skills/Trades training (including GK Training)
- Tactical presentations & discussions
- Small Sided Games
- Exhibition game

The idea of the Boot Camp is to create a European style intense training camp that is used during pre-season or mid-season as a means of gaining some quality season preparation training.

The 'Residential Boot Camp' is an excellent opportunity for all players to further their soccer education.

○ General Information

- 3 meals per day and snacks
- Accommodations
- Separate male & female sleeping quarters

○ Training Shirt

Each player will receive a training shirt for their own personal use through the camps and for their own practice time.

○ Player/Coach Ratio







Assisting all head coaches will be a junior instructor making the player to coach ratio of ~10:1 to allow for more personal attention throughout the week.

Camp Highlights



- ⦿ UEFA & CSA licensed staff coaches
- ⦿ Technical & Tactical Team Training
- ⦿ Positional Skills Training & Soccer Conditioning
- ⦿ Beach soccer
- ⦿ Team Building events
- ⦿ Accommodation, 3 Meals per day & transport
- ⦿ Seminar's and Chalk Talks
- ⦿ Social activities & skills competitions

Guest Coaching Staff

Tommy Wheeldon Jr	UEFA B	Foothills SC	
Leon Hapgood	UEFA B	Foothills SC	
Wayne Cleverly	UEFA C	Foothills SC	
Scott Irons	Prov B	PASS	
Jay Wheeldon	UEFA C	PASS	
Ryan Thomas	UEFA C	PASS	
Plus Female Junior Coach / Chaperones			

Meals, Transport & Accommodation



- Bus service to and from camp
- * From same Calgary drop off & pick up point



- 3 Meals per Day
- * plenty of fluids on demand

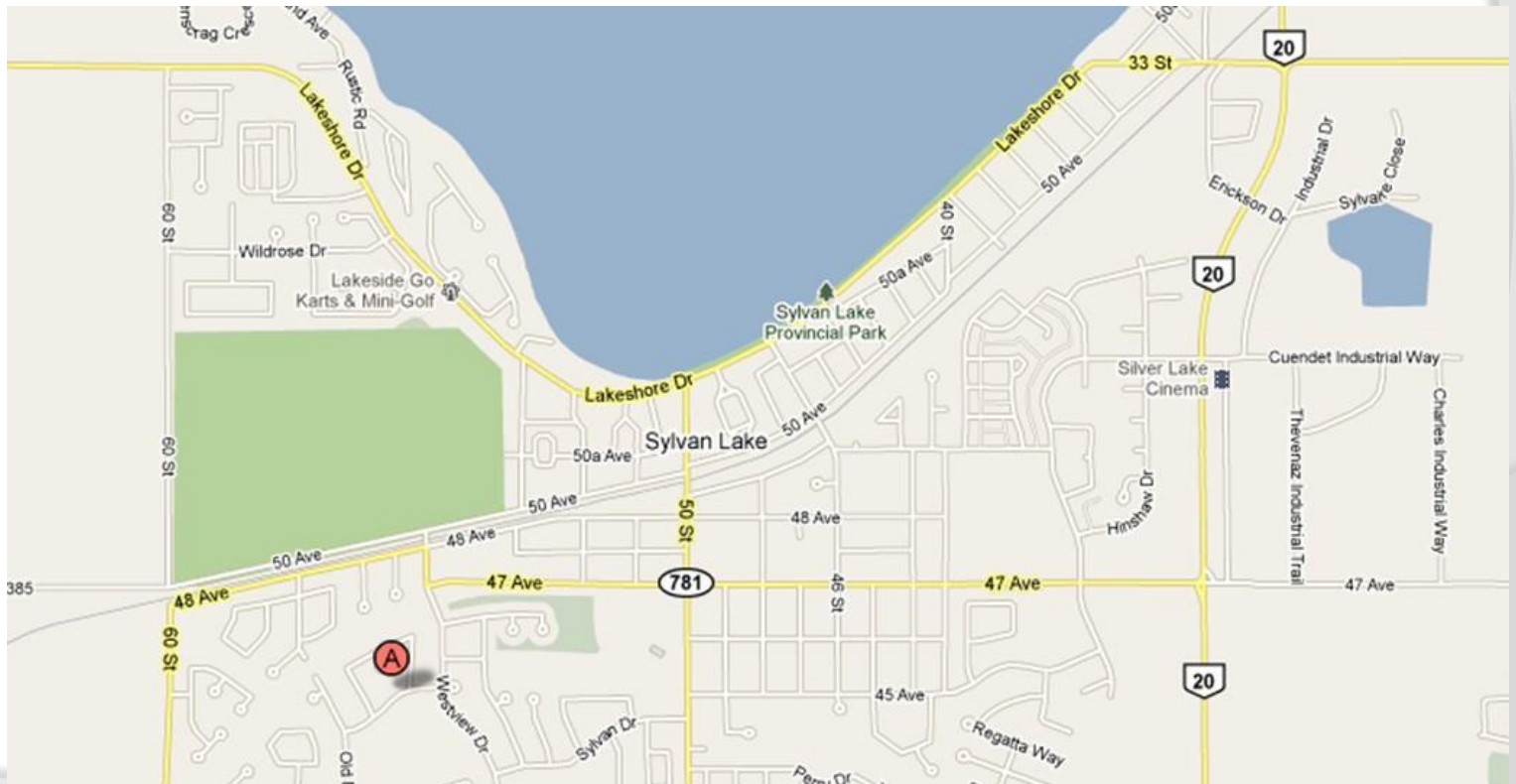
- BYOB - Bring Your Own Bed!!
- * Separate team & gender sleeping quarters

Itinerary (sample)

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 am		Wake Up Call	Wake Up Call	Wake Up Call	Wake Up Call	
8:00 am		Beach Run – Core Work	Beach Run – Core Work	Beach Run – Core Work	Beach Run – Core Work	Wake Up Call
8:30 am						Breakfast
9:00 am		Breakfast	Breakfast	Breakfast	Breakfast	
9:30 am	Meet at drop off location					Awards
10:00am	Bus leaves for Sylvan Lake	Skills Session – Positional Trades	Skills Session – Positional Trades	Skills Session – Positional Trades	Skills Session – Positional Trades	Pack Up
11:00 am		Technical Session • Group 1 – Touch work • Group 2 - Passing	Technical Session • Group 1 – Defending • Group 2 – Attacking	Technical Session • Group 1 – • Group 2 -	Technical Session • Set Plays	Board Bus & Leave for Calgary
11:30 am						
Noon	• Check into camp residence • Meet & Greet with the coaches • Camp Rules & Overview	Lunch	Lunch	Lunch	Lunch	
12:30 pm	Lunch					
1:00 pm		Team Bonding • Beach World Cup • Group Games • Beach Time	Team Bonding • Beach Olympics • Beach Time	Team Bonding • Beach World Cup • Group Games • Beach Time	Team Bonding • Amazing Race	Meet at pick up location
1:30 pm	Technical Session • Light skills with related games					
2:00 pm						
4:00 pm	Free Time	Technical Session • Group 1 – Passing • Group 2 – Touch work	Technical Session • Group 1 – Attacking • Group 2 – Defending	Technical Session • Group 1 – • Group 2 -	Technical Session Game & Analysis	
6:00 pm	Dinner	Dinner	Dinner	Dinner	Dinner	
8:00 pm	5 a side Tourney	Evening Games • Basketball • 5 a side Futsal • Video Games • Soccer Tennis or • Movie	Evening Games • Basketball • 5 a side Futsal • Video Game Tourney • Soccer Tennis or • Movie	Evening Games • Basketball • 5 a side Futsal • Video Game Tourney • Soccer Tennis or • Movie	Evening Games • Basketball • 5 a side Futsal • Video Games • Soccer Tennis or • Movie	
9:30 pm	Shower, Relax	Shower Relax	Shower Relax	Shower Relax	Shower Relax	
10:30 pm	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	

Camp Held at:

Foxrun School
2 Falcon Ridge Drive
Sylvan Lake, AB



Technical & Tactical Training

2-3 Technical / Tactical sessions per day



- Improve build up play from the back
- Combining with the midfield
- Developing wide play
- Improve combination play in the final 3rd
- Defensive shape
- Pressing play
- Possession play
- Shooting & finishing
- Plus lot's more!

Equivalent of 5 weeks training in 1 week!

Positional Training & Soccer Specific Conditioning



Daily Positional Skills Training:

- Goalkeeper Training
- Defender Training
- Midfield Training
- Forward Training



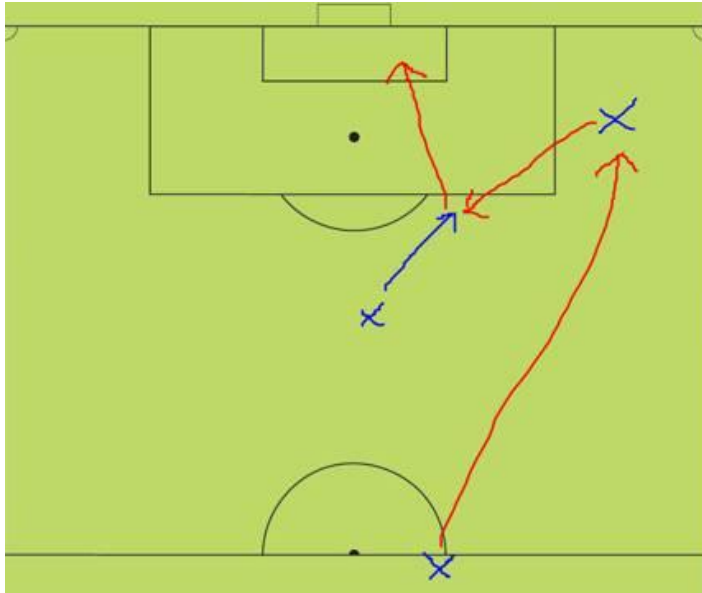
Daily soccer specific conditioning:

- Improve Stamina
- Develop Speed & Quickness
- Improve Agility

Chalk Talks & Seminars



"The Liverpool way"
Presentation



- Tactical Discussions
- Game Analysis
- Improved Mental Understanding



Learn how they train, play & produce players!

Beach soccer



The #1 activity in the camp!!!

Skill

Entertain!

Enjoy!



World Cup Format

Street Rules

No Coaching

Just play!!

Exhibition Games



- Vs. Local Opposition
*On request
- Vs. Edmonton Opposition
* On request
- Inter Squad Games
- Take on the Coaches!



Team Building & Social Events



- Beach Olympics
- The Amazing Race
- Soccer Tennis Tourney
- Movie Night
- Wii Tournaments
- Quiz Night
- Talent Show
- Futsal Competition



Equipment List



Things to bring:

- ⦿ 3 sets of training shorts/socks
- ⦿ 2 team training shirts
- ⦿ Home/Away club kit
- ⦿ Water bottle
- ⦿ Sunscreen
- ⦿ Bug spray
- ⦿ Sleeping Bag
- ⦿ Pillow
- ⦿ Mattress
- ⦿ Rain jacket
- ⦿ Towels/ Face cloth
- ⦿ Toiletries
- ⦿ Book/iPod/Hand held games
- ⦿ Ball
- ⦿ Swim wear
- ⦿ Locks for lockers
- ⦿ Sandals/runners (jogging shoes)/cleats/shin pads
- ⦿ Spending money (\$50)
- ⦿ Medication needs
- ⦿ Small gym bag or knapsack

Menu (sample)

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Breakfast <ul style="list-style-type: none"> • Cereal • Muffins • Bagels • Milk • Cream cheese / Butter • Toast 					
NOON	Lunch <ul style="list-style-type: none"> • Salad • Dessert 					
		Hot dogs	Wieners & Beans	Grilled Cheese Sandwiches	Beef on a Bun	Sandwiches
PM	Dinner <ul style="list-style-type: none"> • Salad • Dessert 					
	Sandwiches	Chili	Hamburgers	Roast Chicken	Pizza	

Schedule / Fees



Residential Camps (ages U12 & up)

Date:

July 15 - 20, 2012

Location: Sylvan Lake

First week:

Drop-off - July 15 at 9:30 am at Deerfoot Mall

Pick-up - July 20 at 1:30 pm at Deerfoot Mall

Deerfoot Mall is located at 901 – 64th Avenue NE, Calgary

Cost:

\$595 per player / 1 camp (GST inclusive)

Be a Part of a Total Soccer Experience!



Register now: www.passltd.ca