BASA SUMMER SOCCER ACADEMY

June 25TH. to July 18TH. 2013

LOCATION: BAY AREA SOCCER ASSOCIATION

GO TO WWW.BASASOCCER.COM TO REGISTER.

Cost for all Players: $90.00

Age groups are based on last season played.

Curriculum for U-8, U-9 & U-10.

1. Warm up with muscle memory drills: dynamic warm up, agility coordination and quickness. (10 min.).

2. Ball mastery, Coerver method, every player with ball. (15 min.)

3. Moves and switch directions (Cuts, turns, body feints). (15 min)

4. 1vs. 1; 2 vs. 2 (20 min.)

5. Small side games focusing on technical aspect. (15 min)

Curriculum for U-11, U-12 & U-13

1. Warm up with muscle memory drills: dynamic warm up, S.A.Q. (10 min.)
2. Ball mastery, Coerver method (15 min.)
3. Moves, cuts, turns, switch direction, body feints, receiving, and passing, done at game speed. (15 min.)
4. 1 vs. 1, 2 vs. 2 focus on attacking and defending aspects of the game (pressure, cover, dribbling at pace, changing the pace, before and after beating an opponent). (20 min.)
5. Small side games with focus on technical and tactical aspect of the game. (30 min).

Schedule for Recreational Players
Daytime Session
U-8, U-10 - 9:30 to 10:45 am
U-12 & up - 11:00 to 12:30 am

June 25, 26, 27
July 9, 10, 11
July 16, 17, 18

Schedule for Travel Players
Evening Session
U-9 and U-10 - 4:00 - 5:15 pm
U-11 to U-13 - 5:15 - 6:45 pm

June 25, 26, 27
July 9, 10, 11
July 16, 17, 18

We will add a 40 min. goalkeeper training with Central Michigan University first team boys, goalkeeper. Based on demand at each session.

For registration or information, please contact Rick Nelson or Liviu Gligor.