

## **ECU Summer Program**

### **F.A.S.T Soccer**

#### Program description

Fitness and Skills Training for all players

- Fitness training
- Skills training
- 1v1, 2v1,2v2

Focusing on developing fitness and skills the training will include Technical, Tactical and Fitness Development. Small sided-games, ball touches will all be developed.

Each session will be fast paced, high intensity activities designed specially for the ambitious, serious, competitive player who is prepared to work hard and focus on reaching the highest level of player performance.

When: Monday, Tuesday and Thursday evenings

Where: Twin Oaks Soccer Complex, Niceville

Time: 5:30pm - 7:00 pm each session

Dates: July 5, 6, 8, 12, 13, 15, 19, 20, 22 (9 sessions)

Cost: \$5 per session

### **Super Saturday Soccer**

#### Program description

Small sided games for all players

- 3v3 and 4v4

When: Saturday mornings

Where: Twin Oaks Soccer Complex, Niceville

Time: 9am – 10:30am each session (3 sessions)

Dates: July 10, 17, 24

Cost: \$5 per session

## **Summer Camps**

### **Program description: Pre Season Preparation Camp**

Pre fall season team and player preparation camp for all ECU and non ECU players.

When: Monday - Thursday

Where: Twin Oaks Soccer Complex, Niceville

Time: 9:30am – 11:30am U10-U12 boys and girls  
5:30pm – 7:30am U13-U17 boys and girls

Dates: July 26 – July 29, 2010

Cost: \$80 ECU players, \$90 non ECU players.

Special Guest Coaches: Girls, Carrie Terrill, FYSA ODO staff coach  
Boys: Andy Clarke, Georgia ODP staff coach