



FC FREDERICK

Presents

OVERNIGHT TRAVEL SOCCER CAMP *at Frostburg State University*

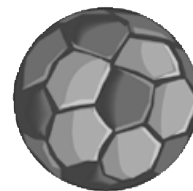
Summer Soccer Camp: July 30 – Aug. 2, 2009

State-of-the-art *SPRINTURF*® Stadium

Open to 50 rising U12, U13 or U14 Girls AND 50 rising U12, U13 or U14 Boys
Online registration will close when all camp slots are full



FC Frederick has partnered with the staff at FSU to offer top level soccer instruction at a top level facility for **\$395 which includes ROOM, BOARD, INSURANCE, T-SHIRT, CAMP MATERIALS & ALL INSTRUCTION**. This is a great way to begin your fall pre-season at the lovely mountain campus of Frostburg State University!



Frostburg State University is located in Frostburg, MD midway between Pittsburgh and the Baltimore/Washington area in the Allegany Mountains of Western Maryland. It is conveniently located just off I-68 about 1-1/2 hours from the Frederick area. Because of its location and elevation, the climate at FSU is ideal for summer soccer training and the fields are all irrigated and kept in beautiful condition all summer. The residence halls are air-conditioned, have modern furniture, microwave/refrigerator units, cable TV, internet access, and are just steps from the Dining Hall. Teams will be housed in double rooms but in "quads" or 4-room halls that share a large bathroom. The Aramark-catered Dining Hall has a variety of hot entrees, a soup and salad bar, a cold-cut station, and fruit and sport drinks at every meal.

Camp Curriculum

Morning field sessions typically include position-specific exercises and games designed to meet the demands of each unit of your team: forwards, midfielders, defenders, and your goalkeeper. Tactical team topics are different for each team and are chosen with the team coach or based on the team's evaluation at camp. Some examples of tactical team session topics at our camps include:

- team shape and patterns of play
- zonal defending (w/ 3 vs 4 backs)
- playing with a 3-front
- playing a direct or indirect style
- midfield possession and speed of play
- flank play/crossing and heading

**To learn more or to register for the
FCF Frostburg Soccer Camp, visit
www.frostburgsocceramps.com**

Questions? – Email at Director@FrostburgSoccerCamps.com or call 301-687-4356!