



Soccer Specific Training

SST / Spring Lake Recreation 2018 Summer Camp

Spring Lake Recreation in conjunction with SST will be running a soccer camp. The camp will aim to develop each player in the four pillars of the game:

*Technical *Tactical *Psychological *Physical

Trainers will also work with teams to develop both defensive and attacking knowledge. Most importantly trainers are there to let players have fun & enjoy the game of soccer!

DATE: (Monday) August 6th – (Thursday) August 9th

(Friday 10th Rain Date)

PLACE: Marucci Park

TIME: 5-6:30 p.m. TOTS (3-4-5 years old)

\$95.00 per player (T-Shirt included)

5-8 p.m. Age Group 6-16 Boys & Girls (U7-U17)

\$150.00 per player (T-Shirt included)

REGISTER BEFORE JULY 5th & GET \$15 OFF

Coaches and trainers at the camp include:

SST's Trainers, Monmouth University Asst. Coaches, Local Men & Women High School Coaches,

NJ ODP Staff Coaches

Registration is conducted online@

<http://register.communitypass.net/springlake>