

Blake's High Performance Soccer Training



2010 Summer Camp and Training Brochure

Where Champions are developed, trained, motivated, and born!

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Blake's High Performance Soccer Training 2010 Summer Program Guide

Blake's High Performance Soccer Training (www.blakesoccer.com) is very proud to offer a variety of summer soccer camps and summer training programs. We offer special training sessions targeted to recreational, competitive and elite players. Our programming starts with Mini-kickers (3 to 6 yr olds) all the way up to High School age groups. We offer our summer and specialty camps throughout the Northeastern Ohio region.

We welcome the opportunity to customize a summer training program for soccer clubs and/or travel teams – on your field or ours. Summer training programs can be offered for six to eight weeks (generally one night a week), or can be a focused camp week. Many teams will combine both programs – training weekly throughout June, July, and August, but adding a camp week just before the season begins. Camps may be run in the morning or evening (afternoons are also possible but are often very hot), and can also include a combination of mornings and evenings with scrimmages held in the evenings.

Our specialty camps are suitable for both individuals and teams, and focus on some of the most important aspects of the game such as technical skill on the ball, foot-skill development, goal scoring, goalkeeping, and team tactics. We also provide Speed, Agility, & Quickness conditioning clinics prior to each Specialty Camp as a supplement to increase individual player's athleticism. This Speed & Agility Camp is not a requirement, but we recommend it for all interested players.



Our professional training staff is led by

Billy Blake

Director of Blake's High Performance Soccer Training and BSA

bblake@blakesoccer.com

330-243-6820

Trainer's Biography

- Professional Licensure include: UEFA B, USSF C, NSCAA, National Youth Diploma
- Over 22 years of competitive playing experience. Former Olympic Development Program player, High School All-America, US Soccer National Team Pool player (U17, U19), three years professional playing experience
- Directed the development and coaching of six premiere, nationally ranked USYS and US Club Soccer teams
- Directed teams to the US Youth Soccer National Championships in 2006 and US Youth Regional Championships, 2007 & 2008
- Coached and professionally trained five teams in the Virginia State Cup (VYSA), securing two state championships and one state runner-up

Premiere Team Day Camps

The Blake's High Performance Soccer Training **Team Day Camp** provides 4 hours each day of custom-designed training at the BSA training field located in Bolivar, OH. This week-long (5 days) camps run from 4:30 p.m. to 8:30 p.m. The same outstanding staff who works as part our Blake Soccer Academy along with special guest trainers will be the camp instructors.

Team Day Camps Highlights:

- U10, U11, & U12 Teams, **Monday July 12th to Friday July 16th**
- U13 to U14 Teams, **Monday July 26th to Friday July 30th**
- Cost: **\$350** for U10-U12 Teams, **\$450** for U13 & U14 Teams
- Times: **4:30 to 8:30 PM** (specific arrangements are available)
- **Speed, Agility and Quickness Fitness** training program is available as supplement for this camp. Please inquire for fees.
- Limited availability, 4 Team limit for each camp.
- Each team will have a trainer assigned with a specific training curriculum customized for success.



Day Team Camps are designed to bring several teams together of similar ability. This affords each team the opportunity to train for 3 hours (15 hours total) and then conclude the camp with a 1 hour match (5 hours total). The match is what soccer players like most about the game and is a vital part of the camp. For the coach, the match provides an opportunity to see if the training lessons are being applied into match conditions, the ultimate measure of how well the lesson was learned. Since the match result is of no importance, players are encouraged to experiment and take risks.

A customized training program is designed through consultations between you and the Blake's High Performance Staff trainer who is assigned exclusively to your team. Teams of similar abilities will be grouped together to ensure the most appropriate level of instruction and competitive match play. For interest of the camp, ten players are considered a full team for U10, U11 & U12 teams. Fourteen players are considered a full team for the U13 and U14 teams.

Goalkeepers are trained separately for the first half and then rejoin their teams for tactical application and match play.

To reserve a spot for your team contact Director Billy Blake at bblake@blakesoccer.com (subject line: **Team Day Camp**) or via phone directly at 330-243-6820.

Deadline for registration June 16, 2010 for U10-U12 teams, June 23, 2010 for U13/U14 teams.

Soccer Club Summer Camps

Would you like to host a summer camp just for your club?

Blake's High Performance Soccer Training created **Club Summer Camps** for those clubs that would like to provide professional training sessions club wide and conducted at their own site. Very similar to our Special Team camp program, however our Club Summer Camps are designed with age groupings rather than teams. We use player development curriculums to include technical skill training, tactical training and club specific training (if requested).



Two Phases:

Prior to the start of the club summer camp, we contact all your coaches for a pre-assessment of their teams overall technical and tactical skills summary. With that summary we will custom design an age group curriculum to improve the "overall" technical and tactical skill levels of all participating players. The coaches for all teams will be invited to the summer camp sessions to observe and participate in the training sessions.

Post camp, our trainers will finalize the age group training curriculums and submit training plans to the club for the coaches to use in their season.

Sample Summer Camp Design:

- U5-U7 Discovery camp- 1 hour of training for five days
- U8-U10 Developmental Camp- 2 hours of training for four days, fifth day match assessment
- U11-U12 Competitive Camp- 2.5 hours of training for four days, fifth day match assessment
- U13-U14 Elite Camp- 2.5 hours of training for four days, fifth day match assessment
- (33 hours of training, 7 hours of match assessment)

Available Summer Camp Weeks:

- **July 18th to 24th, 2010** (registration deadline June 18th, 2010)
- **August 1st to 7th, 2010** (registration deadline July 1st, 2010)
- **August 8th to 13th, 2010** (registration deadline July 8th, 2010)
- Limited weeks available, contact **ASAP** to schedule your week.

Club Summer Camp Fees:

Our fees are some of the lowest in the region!

- U5-U7 \$30 per player; min. 15 players, (\$40/ player if less min player req.)
- U8-U10 \$45 per player; min. 20 players, (\$55/ player if less min player req.)
- U11-U12 \$50 per player, min. 20 players, (\$60/ player if less min player req.)
- U13-U14 \$60 per player, min 20 players, (\$70/ player if less min player req.)
- **Speed, Agility and Quickness Fitness** training program is available as supplement for this camp.

To reserve a week for your club specific soccer camp contact Director Billy Blake at bblake@blakesoccer.com (subject line: **Club Soccer Camp**) or via phone directly at 330-243-6820. Hurry limited weeks available.

Special Team Camps



Blake's High Performance Soccer Training created **Special Team Camps** for those teams that want to have the training sessions conducted at their own site and at a time of their preference. It is intended for the convenience of the players and coach. In all other respects, it is identical to a Day Team Camp, except only the teams invited will attend. Interested teams may want to invite a second team to its Special Team Camp. Not only does it bring variety to the sessions, it enables the teams to scrimmage each other and further refine the lessons being learned. Each team has its own trainer.

- This program can be a week long or spread out over a specified duration of time (i.e. 6 sessions in two weeks, 8 sessions in two weeks, or etc.)
- Team Camps can start in the summer and continue into the season as well.
- This program enables the players to work on those skills, tactics and strategies that need further refining, as determined in consultation with the team coach. The training elements for your team may be designed to include:
 - Technical training and ball possession
 - Team tactics and team building
 - Attack and defense
 - Set plays: free kicks, throw-ins, penalty kicks, corner kicks
- At the conclusion of the camp, the team coach may wish to meet with the trainer to identify important development opportunities and some ideas for fall training sessions, as well as feedback about the team and individual players.
- The Special Team Camp is an ideal preseason camp. Some teams supplement the camp with off-field activities to promote team bonding. Interested teams may want to invite a second team to bring variety to the sessions. It enables the teams to scrimmage each other and further refine the lessons learned during camp. Each team will have its own trainer.

Special Team Camp Fees:

Our fees are some of the lowest in the region!

- U8-U10 Teams \$250 for 5 sessions, \$280 for 8 sessions (maximum 12 players)
- U11-U12 Teams \$300 for 5 sessions, \$360 for 8 sessions (maximum 14 players)
- U13-U14 Teams \$350 for 5 sessions, \$440 for 8 sessions (maximum 18 players)
- \$35 each additional player over max limit
- **Speed, Agility and Quickness Fitness** training program is available as supplement for this camp.
- To register for a Special Team Camp, please contact Billy Blake directly at 330-243-6820 or via email at bblake@blakesoccer.com (subject line: **Special Team Camp**)