



STRIKE-SAVE

HALF-DAY CAMP



The **Strike-Save** half day camp is to help field players that play all positions and goal keepers master the techniques through functional training in order to **STRIKE** the ball properly and/or make the **SAVE**.



STRIKE PROGRAM

designed to improve ability to strike the ball in various ways to help them become better finishers but also improve ability with other aspects of the game.

(Program's emphasis is on finishing)

SAVE PROGRAM

designed to improve goal keepers technically, tactically, mentally and physically in all areas regarding the position of a goalkeeper.

(Program's emphases on footwork coordination, handling & save techniques)

DIRECTOR:

Sam Lopes, Head Women's Soccer Coach, Providence College

CO-DIRECTORS:

Kyle Bak, Assistant Women's Soccer Coach, Providence College

Carlos Pinhancos, Assistant Women's Soccer Coach, Providence College

Ages:

Note: Maximum registration per program: 4 goalkeepers & 8-12 field players and any requests to be placed in an older age group must be requested but may not be granted

- Girls/Boys ages 10-12 years old
- Girls/Boys ages 12-14 years old
- Girls/Boys ages 14-16 years old

Dates:

July 22-26, 2019

Times:

9:00 AM - 12:00 PM

Fees:

\$165.00 → includes Camp Shirt

Deadline:

July 15, 2019

Location:

Anderson Stadium, Providence College

DAILY TOPICS:

note: subject to change

FP=Field Players | GK=Goalkeepers

Monday: FP: Placement, Accuracy
GK: Saving Low Balls

Tuesday: FP: Driven, Power
GK: Saving High Balls

Wednesday: FP: Bending, Long Range, Volleys
GK: Crosses

Thursday: FP: Creative, Deceptive
GK: Breakaways

Friday: Rain Date

For more information and/or to register, please visit:

www.SamLopesAcademy.com or www.friars.com

This camp assumes no responsibility for accidents or illness. I understand that any camper who does not abide by the rules of the camp or college is subject to dismissal without reimbursement. If a camper is dismissed or voluntarily withdraws from camp, there will be no refund. No campers will be allowed to leave camp for any reason other than medical / family emergency until completion of each camp session and must be accompanied by parent / guardian. This camp is not owned or operated by Providence College.