



# STRIKE-SAVE HALF-DAY CAMP

**2019**  
HOME GAMES

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**.



8/22



8/25



HARTFORD  
HAWKS  
8/29



9/5

NORTHEASTERN



9/22



9/28



10/6



10/10



10/24



10/27



## 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 T-Shirt

### Deadline:

July 15, 2018

### 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](http://www.SamLopesAcademy.com) or [www.friars.com](http://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.*