



# BEST Soccer

## 2019 Summer Soccer Camp



**Host Organization:** Lancaster Recreation Department

**Camp Date:** Monday, August 5<sup>th</sup> –Friday, August 9<sup>th</sup>

**Camp Location:** Community Center Fields

**Programs:**

First KIX	Ages 3-5	9:00-10:00am	\$90
Half Day	Ages 5+	9:00-12:00pm	\$150
Full Day	Ages 7+	9:00-3:00pm	\$250

**First KIX**

This program is a friendly and fun introduction to dribbling, stopping, and controlling the ball. The non-competitive curriculum introduces soccer players to simple skills with fun games.

**Half Day/Full Day Weekly Schedule**

Each camp day, players will cover a new technical skill. Players will learn new skills in a challenging but supportive environment. Skills will be taught by conditioned games and coached scrimmages. Players are assigned by age and ability levels. Most of all, players will have FUN!

Day	Topic	Focus Of The Topic (examples)
Monday	Dribbling and Turns	Deceptive moves and feints to beat an opponent; Changes in direction to beat a player or create space
Tuesday	Passing and Receiving	Improve passing range and accuracy; Improving first touch to maintain possession of the ball
Wednesday	Foot skills	Multiple touches on the ball to build confidence
Thursday	Shooting	Striking techniques to score goals
Friday	Open session	A review of all covered topics, in addition to game play

Please remember water, sunscreen, shin guards and a healthy snack each day. If you are attending the Full Day program please remember to bring a packed lunch.

For more information or to register visit the [Lancaster Recreation Department website](#)

In order to complete your registration you will need to submit a copy of your child's current (past 18 months) physical and immunization records. You can submit these documents to the Lancaster Recreation Department in person or via email.

**Without these documents participation in camp activities will not be permitted.**

**This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health.**