FRESHMAN CAMP
Technical development of individual skill, tactical progressions of 1v1, 2v1, 2v2, 3v3, 3v2 and technical-tactical drills of game-related situations will be offered to help player development. All work is geared toward the High School level of play and will reflect the style of play employed by CBC’s soccer program.

SOPH., JR., SR., CAMP
Accelerated level of play with the speed of thought and action increased to a varsity level of play. The session will resemble a typical week of varsity preparation. The standard of play will reflect that which is expected at the varsity level.

Coordination & Speed Training
The emphasis will be placed on proper running technique, body control, balance, and acceleration. All activities will be soccer-specific and aimed at improving the player’s ability to become a more effective player. Coordinated movements to increase balance and explosive speed will be emphasized.

PLAYERS AT ALL GRADE LEVELS ARE ENCOURAGED TO PARTICIPATE IN THIS CAMP.

For more information, email Coach Michler at michlert@cbchs.org

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