

# Almaden Valley Youth Soccer League

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## Competitive Team Camps / *Mastery Phase*

The Competitive Team Camps are directed towards teams who attend camp together, and want to gain the competitive edge. Players within their team environment are put through soccer drills, and activities sessions that are highly technical. Techniques and skills are combined with more advanced concepts and functional practices. Players will learn how to utilize their skills under pressure in game situations, and be able to constantly make decisions within a team perspective.

### The mastery Phase Concepts

Over the course of a week, as a team, players will focus in the following areas:

1. **Conditioning:** Focus on the player's flexibility by stretching and doing mobility exercises, followed by strength training and dynamic speed oriented exercises
2. **Technique:** Ball control, pass and shoot using both feet effectively and techniques demonstrated at speed and under pressure
3. **Tactics and Decision Making:** Teach tactical play in individual and small groups, the quality of team tactics depends on how well players understand and execute individual and small group tactics.
4. **Mentality:** Cognition, Motivation and Emotion all play a critical role to individual and team success, and how it ties into the team growth and team successes

### Team Camp Information and Registration

Available Weeks from July 6<sup>th</sup> through August 10<sup>th</sup>

Length of time: 3 hours a day, Monday-Friday

Cost: \$1200 per team

Players: Each team is required to have 10-18 players attending

Teams can specify a day or evening camp, whichever is best for your team. As a team decide which time and week will work best for you, and contact the Director of Coaching, Neil Diaz to schedule your team camp experience. All team camp registrations need to be confirmed by Neil, send an email to [Coach@almadensoccer.org](mailto:Coach@almadensoccer.org) and reserve your spot today.