



2011 Summer Soccer Camps & Programs

FC ALLIANCE OFFERS A WIDE VARIETY OF TRADITIONAL AND SPECIALTY TRAINING PROGRAMS THAT ARE LED BY A DYNAMIC COACHING STAFF TO ENSURE THAT YOU'LL NEVER NEED TO LOOK ELSEWHERE FOR A SUMMER SOCCER CAMP AGAIN! OUR PROGRAMS ARE OPEN TO ALL PLAYERS THAT ARE INTERESTED IN LEARNING SOCCER AND TO THOSE INTERESTED IN KEEPING THEIR SKILLS SHARP OVER THE SUMMER. ALL PLAYERS AND SKILL LEVELS ARE WELCOME, FROM BEGINNER TO COMPETITIVE — WE HAVE A PROGRAM FOR YOU!

OVERVIEW

FC Alliance offers a variety of traditional and specialty training programs throughout the summer. All camps and programs are taught at a level where children will be challenged and have a positive soccer experience at the same time. Each day our professional coaching staff will utilize an FC

Alliance approved curriculum to ensure that each player reaches his or her maximum potential. Each program provides ample scrimmage time to practice and perfect the skills that they have learned.

TRADITIONAL CAMPS

FC Alliance offers two traditional developmental training camps for boys and girls ages four to eighteen: Academy Camps and Pre-Season Camp. The focus of these camps is to ensure players understand the game, develop their skills and build tactical awareness within the sport.

SUMMER LEAGUE & TOTAL PLAY

Gather your friends and come out and play in the FC Alliance Summer League! Summer League is played in a 6v6 format and provides players and goalies with more opportunities to practice dribbling, passing, receiving, shooting and defending.

Total Play is our Saturday pick-up game program that offers players the opportunity to improve and reinforce their skills over the summer. Just show up and play!

SPECIALTY TRAINING PROGRAMS

Championship Performance Series Training (CPS) and Goalkeeper Training are FC Alliance Specialty Training Programs that offer players an opportunity to focus on a specific aspect of their game and to concentrate on improvement or reinforcement. FC Alliance specialty programs provide high level training in all aspects of soccer techniques, physical conditioning and an introduction to tactical and functional elements of the game. Players interested in improving their overall game should participate in both traditional and specialty training programs over the summer.

GOALKEEPER TRAINING

The Goalkeeper Training program helps players to learn and fine-tune all the techniques and skills required to become a great goalkeeper. Training covers the main techniques and skills of goalkeeping such as warm ups, footwork, handling, diving, shot-stopping, one-versus-one and making game winning saves!

CPS TRAINING

CPS Training is aimed at improving running speed and agility, as well as power and quickness in soccer. Players will engage in activities that work on speed off the mark, speed in possession of the ball, quickness of feet, and ability to change direction quickly. CPS is available to competitive travel players only.

BOYS & GIRLS SOCCER ALL AGES & SKILL LEVELS

- ACCREDITED COACHING STAFF
- WORLD CLASS TRAINING
- STRENGTH & ENDURANCE
- SKILL DEVELOPMENT
- COMPETITIVE PLAY
- FITNESS & FUN
- GOAL SETTING
- TEAM WORK
- FRIENDSHIPS

Not sure which camp or program is right for your child? Contact us and we will be happy to help you make the right choice.

Darrick Lubell
Academy Director
(865) 599-1568

Jon Schneider
Director of Operations
(865) 643-4004

FC Alliance—Knoxville
PO Box 22603
Knoxville, TN 37933

REGISTER ON-LINE @

www.fcallianceknox.org

SUMMER PROGRAM SCHEDULE

FC ALLIANCE ACADEMY CAMPS

See dates/times/cost by location.

Cost includes a shirt.

SEYMOUR (U7-U13) – June 6-10

10am -12 pm, Location TBD, \$65

NORTH KNOXVILLE (U7-U13) – June 6-10

5:30pm-7:30pm, Dry Gap boys & Girls Club, \$75

KNOXVILLE (U8-U12) – June 13-17

9:30am-12pm, US Cellular Soccer Complex, \$95

KNOXVILLE (U5-U7) – June 13-17

5:30pm-6:30pm, US Cellular Soccer Complex, \$55

LENOIR CITY (U7-U13) – June 13-17

5:30pm-7:30pm, Tennessee Sports Complex, \$75

KINGSTON/CHEROKEE (U9-U12 BOYS)

June 13-17, 5:30pm-7:30pm

South West Point, \$75

KINGSTON/CHEROKEE (U9-U12 GIRLS)

June 20-24, 5:30pm-7:30pm

South West Point, \$75

GATLINBURG (U6-U13) – June 20-24

10am-12pm, Mills Park Lane, \$75

MADISONVILLE (U7-U13) – June 20-24

10am-12pm, Madisonville Middle School, \$75

ANDERSON (U7-U13) – June 20-24

5:30pm-7:30pm, Public Safety Lane Fields, \$65

SOUTH KNOXVILLE (U8-U14) – July 18-22

10am-12pm, Holston River Fields, \$75

OAK RIDGE (U8-U14) – July 18-22

5:30pm-7:30pm, Energy Solutions Fields, \$75

FC ALLIANCE SUMMER LEAGUE (U9-U19)

Adult Summer League Also Available

June 14-August 2, 2011

Tuesdays, 5:30 pm to 8:30 pm

US Cellular Soccer Complex

Cost: Register by June 7: \$65,

Register Jun 8-Aug 2: \$90

FC ALLIANCE SPECIALTY TRAINING

Goalkeeper: U8-U18, June 19-July 31

Saturdays, 10:30 am to 11:30 am

US Cellular Soccer Complex

Cost: Included with Summer League.

CPS by Johnny Long

U9-U18, Mon-Thurs

Times: 5:15pm, 6:15pm, 7:15 pm

Johnny Long Training Academy

FC ALLIANCE TOTAL PLAY (U7-U18)

June 11-July 23, Saturdays, 9am-11am

US Cellular Soccer Complex

Cost: Included with Summer League

FC ALLIANCE PRESEASON CAMP

U5-U18, July 25-29, 2011

US Cellular Soccer Complex

U5-U8: 9 am - 11 am

U9-U12: 9 am - 12 pm

U13-U19: 5 pm - 8 pm

Cost: Register by June 7-U5-U8 \$65, U9-U18 \$135

(includes 2 shirts), Register June 8-Aug 2: U5-U8:

\$100, U9-U18: \$155

Other Camps of Interest:

UPPER 90 RESIDENTIAL CAMP

U9-U18, June 22-26, 2011

Cost: \$315

WEST HAM PLAYER ID CAMP

U10-U17, June 27-30, 2011

Cost: \$125

CAMP & PROGRAM DETAILS

FC Alliance Academy Camps (U5-U13)

FC Alliance Academy Day Camps are perfect for the recreational or club soccer player looking for skill development and fun. During the week players will be grouped based on age and ability. Emphasis will be placed on learning the game, skill development, speed and agility training, and other various soccer activities developed by our professional coaching staff. Scrimmages will be played each day under the guidance of our professional coaches, ensuring that players understand the tactics of soccer.

FC Alliance Preseason Camp (U5-U19)

The success of FC Alliance club teams during the season is built around how each player prepares during the pre-season. For our competitive players in the club, FC Alliance has designed an intensive program of ball work and conditioning to prepare players for the upcoming season. Although this is not a mandatory camp, this is the only camp we ask all club players to attend each year.

FC Alliance Summer League (U5-U18)

This program allows players to build their understanding of the game and improve their skills. Teams consist of 7 to 8 players that will play in a 6v6 soccer format

(5 on the field and 1 as goal keeper). The 6v6 format provides players with more opportunities for dribbling, passing, receiving, shooting and defending. Each team plays two games per night with games consisting of (2) twelve minute halves.

These games are fast paced and provide a great way to get plenty of touches on the ball, while improving close control and skill level. It is a fun way to not just learn the game but improve each player's technical and tactical ability.

Players who sign up for Summer League may also attend "Total Play" on Saturday mornings and goalkeeper training at no additional cost.

FC Alliance Total Play (U5-U18)

Just come out and play at FC Alliance Total Play! Total Play is for players looking for additional pick-up-games throughout the summer. Teams are made up of players who "show up" each week. This is great opportunity to practice the skills you have learned at other camps and to keep your foot on the ball. FC Alliance Total Play is included in the cost of FC Alliance Summer League.

FC Alliance Goalkeeper Training & Johnny Long CPS (U5-U18)

Goalkeeper Training covers the main techniques and skills of goalkeeping: warm ups, footwork, handling, diving, shot- stopping, one versus one, and making game winning saves. CPS training focuses on improving running speed and agility, as well as power and quickness in soccer. CPS is available for competitive players only. See website for additional information.

HOW TO IMPROVE YOUR GAME THIS SUMMER

- ✓ Sign up for FC Alliance Academy Camp
- ✓ Sign up for FC Alliance Summer League
- ✓ Attend C.P.S. & Goal Keeper Training
- ✓ Attend FC Alliance Total Play



REGISTER ON-LINE @

www.fcallianceknox.org