



2010 Summer Soccer 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 joining our club. All players and skill levels are welcome, from beginner to competitive – we have a program for you!

East Tennessee's Premier Soccer Club

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

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 5v5 format and provides players and goalies with more opportunities to practice dribbling, passing, receiving, shooting and defending. Total Play is a pick-up game program that offers players the opportunity to improve and reinforce their skills over the summer.

SPECIALTY TRAINING PROGRAMS

S.A.Q and Goal Keeper 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.

S.A.Q. TRAINING

S.A.Q 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.

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!

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.

ON-LINE REGISTRATION AVAILABLE @

www.fcallianceknox.org

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SUMMER PROGRAM SCHEDULE

- **STAR 102.1 WORLD CUP PIZZA BASH!**
June 12, 10 am Argentina vs Nigeria
2:30 pm USA vs England
Christian Academy of Knoxville
Cost: \$2/person, Pizza \$1, Drinks \$1
 - **FC ALLIANCE ACADEMY CAMPS**
U5-U13, See dates/times/cost by location.
Cost includes a shirt.
 - **ACADEMY CAMP – NORTH KNOX**
U7-U13, June 7-11, 10 am-12 pm
Dry Gap Boys & Girls Club, \$65
 - **ACADEMY CAMP – ANDERSON**
U7-U13, June 7-11, 5:30 pm-7:30 pm
Public Safety Lane Fields, \$55
 - **ACADEMY CAMP – KNOXVILLE**
U5-U12, June 14-18, 9:30 am-12 pm
US Cellular Soccer Complex \$95
 - **ACADEMY CAMP – MADISONVILLE**
U7-U13, June 21-25, 10 am -12 pm
Madisonville Middle School, \$75
 - **ACADEMY CAMP – LENOIR CITY**
U7-U13, June 21-25, 1 pm -3 pm
Location TBD, \$65
 - **ACADEMY CAMP – KINGSTON**
U7-U13, July 12-17, 4 pm -6 pm
Fort Southwest Point, \$55
 - **FC ALLIANCE SUMMER LEAGUE**
U5-U18, June 22-July 27
Tuesdays, 5:30 pm to 9:30 pm
US Cellular Soccer Complex
Cost: \$50
 - **FC ALLIANCE S.A.Q & GOALKEEPER**
U5-U18, June 19-July 31
Saturdays, 10:15 am to 11:15 am
US Cellular Soccer Complex
Cost: Included with Summer League.
*Additional Goalkeeper Training
Mondays, June 21-July 26, 7:30 to 8:30 pm
 - **FC ALLIANCE TOTAL PLAY**
U5-U18, June 19-July 31
Saturdays, 9 am to 10:00 am
US Cellular Soccer Complex
Cost: Included with Summer League.
 - **FC ALLIANCE PRESEASON CAMP**
U5-U18, July 26-30
9:30 am – 2 pm
US Cellular, FC Alliance, JLTA
Cost: \$135 (includes 2 shirts)
 - **FC ALLIANCE FAMILY FUN NIGHT!**
All Families Welcome!
July 30, 6 pm - 9 pm, US Cellular
Cost: \$10/Family
- Other Camps of Interest:*
- **UPPER 90 RESIDENTIAL CAMP**
U11-U18, June 23-27
The University of the Cumberlands
Cost: \$295
Cost includes room, board and shirt.
Registration Deadline: June 1
 - **WEST HAM PLAYER ID CAMP**
U12-U18, June 29-July 2
U12-U13: 9 am – 11:30 am
U14-U15: 1 pm – 3:30 pm
U16-U18: 5 pm – 7:30 pm
Johnny Long Training Academy (JLTA)
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 (U5-18)

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 5v5 soccer format (4 on the field and 1 as goal keeper). The 5v5 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 S.A.Q. and Goal Keeper Specialty Training Programs 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 S.A.Q. & Goalkeeper Training (U5-U18)

S.A.Q and Goalkeeper Training will be offered at 10:15 am to 11:15 am, Saturday mornings at Johnny Long Training Academy. An additional Goalkeeper Training has been added on Mondays, June 21-July26 from 7:30 to 8:30 pm. S.A.Q. training focuses on improving running speed and agility, as well as power and quickness in soccer. Goal Keeper Training covers the main techniques and skills of goalkeeping: warm ups, footwork, handling, diving, shot- stopping, one versus one, and making game winning saves.

HOW TO IMPROVE YOUR GAME THIS SUMMER

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



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