



E.A.T.S.

Elite Athlete Training Services, LLC.



ELITE SOCCER PERFORMANCE TRAINING CAMP

The **Freedom Soccer Club** and **Elite Athlete Training Services** are partnering to provide a unique and highly instructional soccer performance training camp for High School athletes in the Baltimore Metropolitan Area!

This 1 Week HS Prep Training camp is designed to ensure every participant develops the skills required to maximize their athletic potential and improve their individual level of play.

*Get the “**Edge**” over your competition next season!*

Program Benefits

Athletic Development Skills

- Flexibility & Mobility Training
- Injury Prevention
- Footwork for Quickness & Agility
- Acceleration & Speed Development
- Cutting & Change of Direction Skills
- Sport Specific Conditioning Development

Soccer Skills Development

- Foundational Skills of the game
- Individual & Small Group Technical Skills
- Passing, Receiving, Dribbling & Finishing
- Improve Decision Making Under Pressure
- Increase technical and tactical abilities
- Build Confidence In Skill Set

To ensure quality of instruction and the development of each athlete this camp is limited to 40 participants.

To reserve your spot register here:

www.eliteathletetraining.com/soccer-camp

CAMP TRAINING SCHEDULE

June 18th -22nd (Monday -Friday) 6:30-8:30pm

Camp Fee: \$150

Training Camp Location

The Performance Barn

15870 Frederick Rd.
Woodbine MD. 21797



The **Performance Barn** is the New State of the art Sports Performance Training Center in Woodbine MD providing a collegiate style weight room, 25yd indoor turf field and 60yd outdoor Bermuda grass field.

About: **Freedom Soccer Club**
www.freedomsoccerclub.org

About: **Elite Athlete Training Services**
www.eliteathletetraining.com

Contacts Us **Info@EliteAthleteTraining.com**
240-498-9647 /
www.EliteAthleteTraining.com