

JUSTIN VORSTER SOCCER ACADEMY SOCCER CAMP

In partnership with Eurosport



The Justin Vorster soccer camp has been created for competitive male and female soccer players ages u6-u16 who are looking for more than a regular soccer camp. Players may sign up as individuals or as a team, and will be coached within age and ability groups.

Academy Director: Justin Vorster

Coaching Qualifications:

USSF: "A" License

USSF: National Youth License

NSCAA: Director of Coaching Diploma

Qualified Coaching Staff/Players Ratio: 1 : 15

Campers will enjoy a demanding, fun, and rewarding training program plus:

- Eurosport bag and camp t-shirts at registration
- Eurosport prizes at the end of the camp - balls, t-shirts, sack packs, hats, etc.

Topics that will be covered:

- Passing and receiving
 - Receiving on the turn to beat an opponent
- Keeping possession to go forward
 - Combination play
- 1v1 defending
- 1v1 Attacking
 - Dribbling
 - Dribbling to beat an opponent
 - Dribbling to keep possession
- Team Defending
- Shooting and Volleying
- Crossing and Finishing
- Goalkeeping training
 - Ball handling, shot stopping, & saves
 - Dealing with crosses, starting positions, & support

Justin Vorster Soccer Academy Development Module

Justin Vorster Soccer Academy shares a passion for the game that is transferred through to all participants. Players will be allowed to express themselves, play without fear of making mistakes, be encouraged to make their own decisions in sessions, and discover the enjoyment of soccer.

JVSA understand that all children learn in different ways. We are trained in delivering a syllabus to all types of personalities and abilities so that each player can achieve their highest level of performance. This is implemented through the four pillars of the game: **Technical, Tactical, Physical and Mental.**

TECHNICAL:

- By improving your technical ability, players will be able to play with more confidence and become more effective.
- Through the delivery of specific techniques performed regularly JVSA staff, players will learn to dominate 1v1 situations by being able to produce tricks and turns and become more confident with ball at their feet.
- Players will also be taught the fundamental techniques such as dribbling, passing, receiving, finishing, defending, heading and goalkeeping.

TACTICAL:

- Enjoy time on the ball; this will allow players to make good decisions. Stay active off the ball; this will make the player an asset to their team.
- JVSA will develop the players understanding of how to dominate an opponent and also how to combine as a team.
- For younger players, JVSA 4v4 games create lots of opportunities to practice their tricks and turns under match conditions without fear of making mistakes.
- Older players will be able to learn how to use their tricks, turns and passing range in the three areas of pitch. Aiming to

change direction and pace of play, using width and depth to make play unpredictable and keep the opposition guessing.

- All activity is delivered in relation to the development of the players.

PHYSICAL:

- A player will take responsibility for looking after their body, what they consume and how hard they train.
- Players will learn specifically how to train their bodies for the demands of the game.
- Focusing on the fundamental movements of the agility, balance, strength, speed and stamina.
- As players get older they will learn how their game position can dictate their physical training.
- Players can also learn how fueling and preparing their bodies off the field will give them the best chance on the field.

MENTAL:

- Developing a winning mentality requires strong character and a positive attitude.
- The environment as a whole at JVSA is a positive one.
- Players of all ages deal with winning and losing, playing well and making mistakes. JVSA will show players techniques on how to build confidence throughout the different challenges presented in the game.

Venue: Faith Baptist College

Please make checks payable to **Justin Vorster Soccer Academy**
4812 NE Micheal DR
Ankeny IA 50021
Justinvorster1@earthlink.net
515-556-8858

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Email Address: _____
Birthdate: _____ Age: _____ Gender: _____

Level : U6 U8 U10 12 U13 & up

Goalkeeper

Parents Name: _____

Work # () _____ Cell # () _____

Sessions: (circle sessions)

June 22 – 26 **U6** 9-10:00 a.m.

June 22 – 26 **U8 & up** 9-11:30 a.m. and/or 2-4:30 p.m.

August 10 – 14 **U6** 9-10:00 a.m.

August 10 – 14 **U8 & up** 9-11:30 a.m.

Cost:

One Session
Two Sessions

U6

\$85

U8 & up

\$175
\$275

Waiver Agreement: I hereby authorize Justin Vorster to act for me according to his best judgment in any emergency requiring medical attention and hereby waive and release Justin Vorster, from all claims on account of injuries which might be sustained by my daughter/son while traveling to, participating in, and returning from this clinic; and I agree to indemnify Justin Vorster from any claim which may here after be presented by my daughter/son as result of injuries.



Signature of Parent/Guardian

Date

Yes, I'd like to get sales and promotions sent via email from Soccer.com and its partners.

Yes, I'd like to get a free subscription of the Eurosport catalog.