



**SOCCER**CAMPS

# 2021 WINTER SOCCER CAMP

DECEMBER 27<sup>TH</sup> – 30<sup>TH</sup>

# WHAT TO EXPECT

**NEXT GENERATION SOCCER ACADEMY**  
*Driven to Develop. Driven to Succeed.*



**SC**

**SOCCERCAMPS**

**DECEMBER 27-30** 9:30AM - 1:00PM

# WINTER CAMP

— NEXTGEN —

**SOCCER DEVELOPMENT**

**JOIN OUR HOLIDAY CAMP**





## WELCOME TO THE NEXTGEN NOVEMBER WINTER CAMP!

NextGen is so excited to offer a different type of camp experience for our soccer athletes. This camp will run from Monday DeCember 27<sup>th</sup> to Thursday December 30<sup>th</sup>, 9:30AM to 1:00PM each day. Please take the time to read this document as there is a ton of useful information enclosed!

A typical soccer camp is done on the soccer field, over many hours each day of the week. This can cause athletes to become bored, overheated and possibly not be interested in doing camps in the future.

At NextGen, we have put together a dynamic experience, that will take our campers to different locations each day. The idea is that the variety will be immensely more interesting to the athletes and keep their excitement levels high each day. We ask that campers arrive at camp each day on time. Should there be any delays, please notify the coaches (their contact info is at the end of this document). Their contact information can be found later in this document. Each coach will work with a group and rotate each day.

## DROP-OFF PROCEDURE

Parents will need to sign their child in and out each day. The camp coaching staff will have the sign-in sheet.

## HYDRATION AND NUTRITION

Hydration: Athletes should be hydrating at a healthy rate, typically half their weight in ounce per day. In addition, they should consider following the lemon and sea salt recipe for enhancing their body's absorption of the water they are consuming. That article can be found [here](#).

Nutrition: Making smart decisions throughout the week will give your body the best opportunity to remain active. Our campers will be given a snack each day, outlined in the daily activity document.

Sleep is also an important feature related to the body's ability to recover and grow muscle.

## POST CAMP DAY

Proper active stretching is very important to keeping muscles healthy throughout the week. Athletes will perform dynamic stretching to warm-up each day and cool downs to help the body recover. Injuries should be reported to the coach. Ice bags (20 mins) on sore muscles when getting home will help maintain health.

## SOCIAL MEDIA

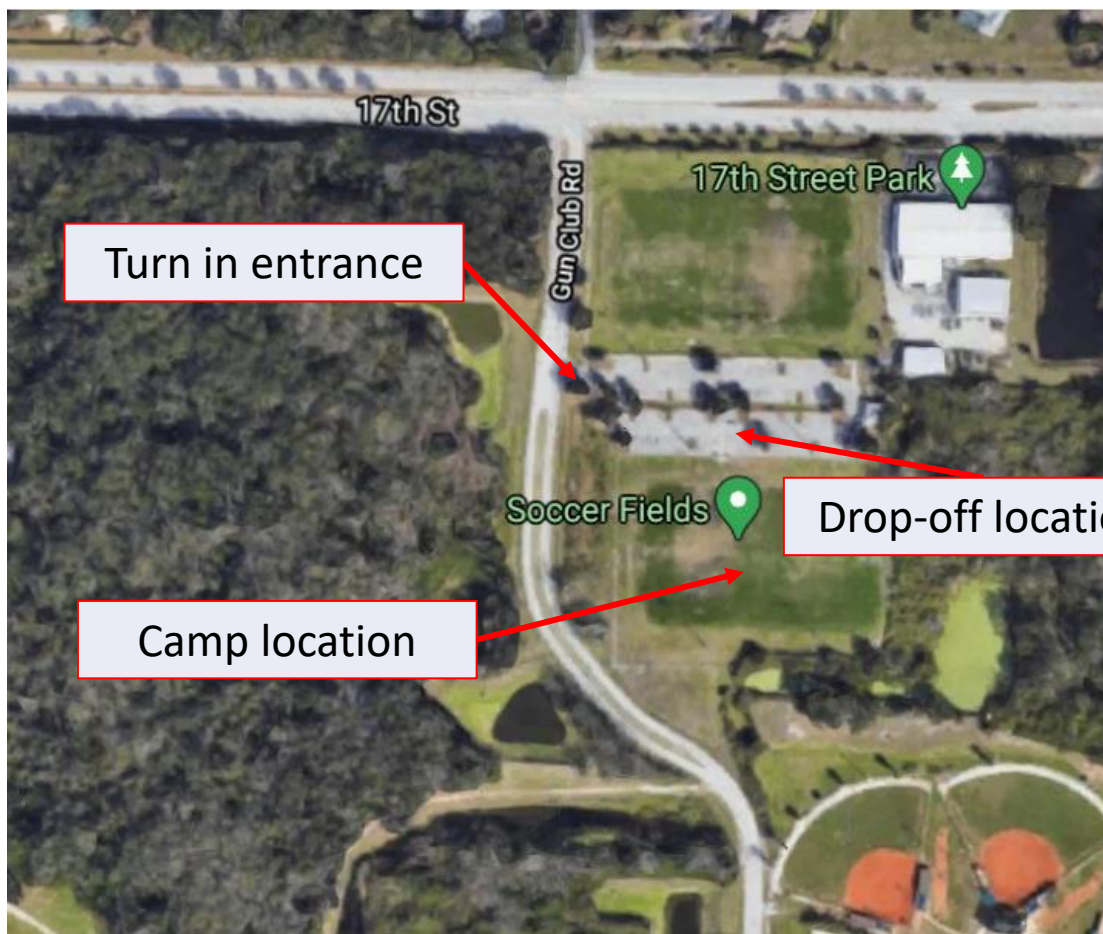
We will be taking photos and video throughout the week. If you wish to opt-out your athlete, please let us know.

# IMPORTANT DETAILS



## MONDAY DECEMBER 27TH

Arrival Time	9:15AM - 9:30AM
Start Time	9:30AM
End Time	1:00PM
Pickup Time	1:00PM – 1:15PM
Location	17 <sup>th</sup> Street Soccer Fields
Address	1370 Gun Club Road, Sarasota FL 34232
Directions	<a href="#">Click Here</a>
What to wear and bring	<ul style="list-style-type: none"><li>• This will be outdoor playing soccer</li><li>• Wear soccer cleats and athletics clothes</li><li>• Bring water, sunscreen and a towel</li></ul>



## MONDAY DECEMBER 27TH

- **9:30am - 10:30am**
  - Arrival and discuss the schedule for the day
  - Dynamic warmup
  - Finishing Principles
  - 1 on 1 finishing games
  - Speed, agility & quickness exercises
- **10:30am - 11am**
  - Technical work focusing on the technique of finishing
- **11:00am - 11:30am**
  - Snack break
- **11:30am - 12:00pm**
  - Finishing exercises and contests
- **12:00pm - 1:00pm**
  - Small sided games



# IMPORTANT DETAILS



## TUESDAY DECEMBER 28TH

Arrival Time	9:15AM - 9:30AM
Start Time	9:30AM
End Time	1:00PM
Pickup Time	1:00PM – 1:15PM
Location	CoreSRQ ESJ Branch
Address	8301 Potter Park Dr, Sarasota, FL 34238
Directions	<a href="#">Click Here</a>
What to wear and bring	<ul style="list-style-type: none"><li>• This will be indoor and outdoor, on a hard surface</li><li>• Please bring flat tennis shoes and wear athletics clothes</li><li>• Bring water and a towel</li></ul>

Camp location

Drop-off location

Turn in entrance



## TUESDAY DECEMBER 28TH

- **9:30am - 10:30am**
  - Arrival and discuss the schedule for the day
  - Outside basketball court
    - Warmup, dynamic stretching
    - Dribbling exercises and games
    - Speed, agility & quickness exercises
  
- **10:30am - 11:30am**
  - Inside main building, split players into two groups based on age
    - One group in meeting room watching finishing videos
    - One group downstairs finishing technique training and games (each groups has time at both stations)
  
- **11:30am - 12:00pm**
  - Snack break
  
- **12pm - 1pm**
  - Small sided games on either inside basketball court or outside court

# IMPORTANT DETAILS



## WEDNESDAY DECEMBER 29TH

Arrival Time	9:15AM - 9:30AM
Start Time	9:30AM
End Time	1:00PM
Pickup Time	1:00PM – 1:15PM
Location	17 <sup>th</sup> Street Soccer Fields
Address	1370 Gun Club Road, Sarasota FL 34232
Directions	<a href="#">Click Here</a>
What to wear and bring	<ul style="list-style-type: none"><li>• This will be outdoor playing soccer</li><li>• Wear soccer cleats and athletics clothes</li><li>• Bring water, sunscreen and a towel</li></ul>





## WEDNESDAY DECEMBER 29TH

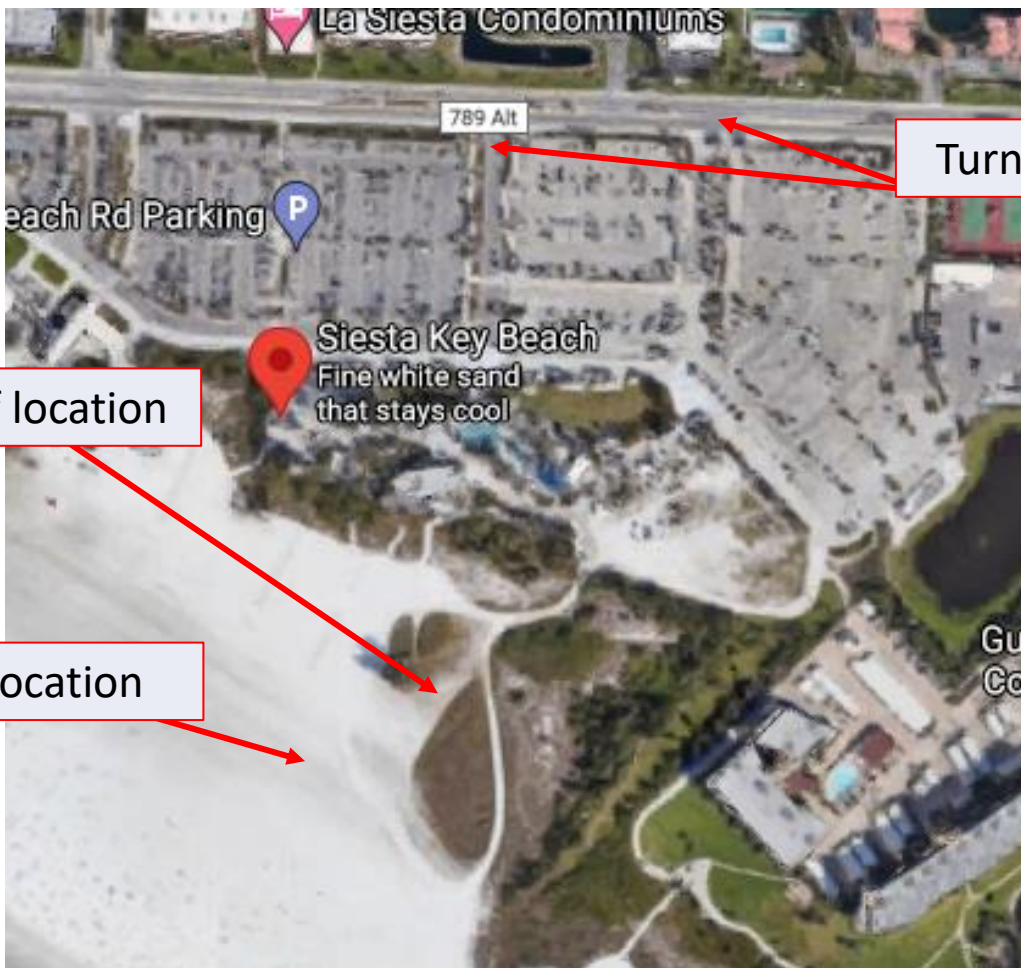
- **9:30am - 10:30am**
  - Arrival and discuss the schedule for the day
  - Dynamic warmup
  - Large Goal Finishing technique
  - 1 on 1 finishing drills
  - Speed, agility & quickness exercises
- **10:30am - 11am**
  - Technical work focusing on finishing with different parts of the both feet
- **11:00am - 11:30am**
  - Snack break
- **11:30am - 12:00pm**
  - Finishing drills and contests
- **12:00pm - 1:00pm**
  - Large goal games

# IMPORTANT DETAILS



## THURSDAY DECEMBER 30TH

Arrival Time	9:15AM - 9:30AM
Start Time	9:30AM
End Time	1:00PM
Pickup Time	1:00PM – 1:15PM
Location	Siesta Key Beach
Address	948 Beach Rd, Sarasota, FL 34242
Directions	<a href="#">Click Here</a>
What to wear and bring	<ul style="list-style-type: none"><li>• This will be on the beach</li><li>• Wear sandals or flip flops</li><li>• Bring water, change of clothes, sunscreen and a towel</li></ul>



Turn in entrance

Drop-off location

Camp location

## THURSDAY DECEMBER 30TH

- **9:30am - 10:30am**
  - Arrival and discuss the schedule for the day
  - Dynamic stretching and warmup
  - Technique of finishing on the beach!
  - Partnered technical exercises
- **10:30am - 11:00am**
  - Speed, agility & quickness exercises
- **11:00am - 11:30am**
  - 1 on 1 finishing
- **11:30am - 12:00pm**
  - Snack break
- **12:00pm - 1:00pm**
  - Small sided games and surprise contest

# SAFETY PROCEDURE



Safety is very important to our program and camp staff. Should an injury occur:

- Our staff will call the number on file after assessing the injury
- The coaches will be equipped with a first aid kit

## CAMP STAFF CONTACT INFORMATION:



**GREG ATKIN**  
Academy Coach

Mobile: 941-993-5975  
Greg.atkin@nextgensocceracademy.com



**NICK METCALF**  
Academy Coach

Mobile: 941-549-0013





## SNACKS

Our coaching staff will be providing snacks during a break each day. Feel free to send your athletes along with snacks of their own. Our snacks will be:

- Nature Valley Bars ([click here](#) for ingredients)
  - If there are allergies to these ingredients, please let the coaching staff know
- Bananas or Oranges



**SOCCER**CAMPS

## **NEXT GENERATION SOCCER CAMPS**

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[www.NextGenSoccerAcademy.com](http://www.NextGenSoccerAcademy.com)  
P.O. Box 18664, Sarasota, FL 34276  
[info@nextgensocceracademy.com](mailto:info@nextgensocceracademy.com)  
941-200-0862

Follow us on social media:  
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