



High School and Youth Preseason Camps

We are excited to offer a four-night intensive fitness program that will help players get ready for their upcoming soccer season. Through a combination of focused drills, fitness workouts and small-sided games, our coaches will work hard to get players ready to perform at their highest level. Staff will break campers into smaller groups to give players more touches on the ball and opportunities to refine skills. Players will be pushed from a sports performance standpoint to strengthen fitness and endurance.

Our weeklong session will include a mix of the following:

Functional Technical Training

- Isolated Technique Training
- Passing — Different Textures/Surfaces
- Passing and Receiving — Patterned Passing
- Finishing/Crossing
- Heading — Scoring/Defense
- Aerial Control

Individual/Team Attacking

- Zidane/Ronaldo Work
- Building out of the back
- Finishing 1v1, 2v2 & 3v3
- Midfield Rotation (Possession)
- Changing Point of Attack
- 2v2, 3v3 Overloads

Transition Play

- Transition from Defense to Attack
- Transition from Attack to Defense

Agility/Speed/Coordination

- Change of Direction
- Change of Speed
- Acceleration/Deceleration
- Balance
- Plyometric Exercises

Individual/Team Defending

- Individual Defending
- 2v2 Defending
- Group Defending (Pressure-Cover-Balance)
- Press to win the ball

Goalkeeper training as well!

FC Puma offers separate goalkeeping training throughout the preseason week to ensure focus on the various skills and techniques needed to get keepers ready for their upcoming sports season.

Goalkeeping Training

- Shot Stopping
- Breakaways
- High Balls/Crosses/Low Balls
- Penalties
- Reflexes and Agility
- Distribution





High School Preseason Camp Information

This popular, high school preseason camp is designed to prepare freshman, junior varsity and varsity players for their upcoming fall season. Our coaches will focus on strengthening players technical abilities, passing, finishing, agility, speed, fitness, and coordination. These intense training sessions will be competitive and will prepare players to make an impact at their high school preseason and tryouts.

2021 Camp Dates

Monday, August 9 - Thursday, August 12

Location: Forekicks - 219 Forest Street, Marlborough MA 01752

Camp Hours: 5:00PM - 8:00PM

Cost: \$195

For additional details on camp locations or programs, visit fcpumasocceracademy.com.

Youth Preseason Camp Information

New for 2021! Given the success of our high school preseason camps, we are now offering a preseason camp catered to 7-14 year olds. Our coaches will focus on strengthening players technical abilities, passing, finishing, agility, speed, fitness, and coordination. These intense training sessions will be competitive and will prepare players to make an impact during their fall team season.

2021 Camp Dates

Monday, August 16 - Thursday, August 19

Location: NEFC Park - 33 Cape Road, Mendon MA 01756

Camp Hours: 5:00PM - 8:00PM

Cost: \$195

For additional details on camp locations or programs, visit fcpumasocceracademy.com.



Register today!

Scan this code with your phone's camera or visit fcpumasocceracademy.com

Additional Questions?

If you have any additional questions, feel free to contact Christian F. Battaglia at christian@fcpumasocceracademy.com.