



BENEFITS OF FALL KICKOFF CAMP

-PROPER SKILL DEVELOPMENT
FROM PROFESSIONAL COACHES

-GETTING EXTRA TOUCHES
PRIOR TO THE START OF YOUR
FALL SEASON

-DEVELOP STRONGER
RELATIONSHIPS WITH COACHES
AND PLAYERS

-INCREASE SELF-CONFIDENCE
WITH COACHES THAT INSTILL A
GROWTH MINDSET

***YOU WILL RECEIVE A NEW
IOWA RUSH STOCKING HAT
FOR REGISTERING!**

CAMP DETAILS

When

August 4th, 5th, 6th

9:00-11:00 AM

Where

Pella Sports Park

Who: Age Groups

Boys/Girls 5U-8U 9:00-10:00

Boys/Girls 9U-19U 9:00-11:00

Coaches

College/High School/Club

Cost

5U-8U - \$30 (1 hour)

9U-19U - \$60 (2 hour)

Register Online

<https://www.iowarush.com/south-camps>

TECHNICAL FOCUS

Monday

Ball Control/Dribbling/Passing

Tuesday

Striking/Shooting/Finishing

Wednesday

**Attacking & Defending with
Transitions**

***Goalkeeper Instruction offered
each day of camp**

Themed Trainings

Monday - Rush Colors

Tuesday - Funky Sock

Wednesday - Gatorade Color

Word of the Day

Monday - Tenacity

Tuesday - Hammer

Wednesday - Decisive

What to Bring

-Shin guards are required

-Cleats are encouraged

-A ball if you have one

-Water Bottle

***Label all personal belongings**



Iowa Rush South Fall Kickoff Camp

Camp Mission

Our mission is to provide the highest quality of soccer instruction in a safe and fun filled environment through a variety of soccer activities designed to develop the technical, tactical, physical, and psychological aspects of players at all levels.

**-TIME CHANGE
9:00-11:00 AM**

**-LOCATION
PELLA SPORTS
PARK**

Camp Schedule

9:00-9:15 - Welcome

9:15-9:35 - 1st Training Session

9:35-9:40 WATER BREAK

9:40-10:00 - 2nd Training Session

10:00-10:10 - WATER BREAK

10:10-10:45 - Small Sided Games

10:45-11:00 Camp Reflection