



## **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

# **CAMP DETAILS**

### **When**

**August 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>  
(Rain Date 6th)**

**9:00-11:00 AM**

### **Where**

**Pella Sports Park**

### **Who: Age Groups**

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

**Boys/Girls 9U-15U 9:00-11:00**

### **Coaches**

**College/High School/Club**

### **Cost**

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

**9U-15U - \$60 (2 hour)**

## **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 - Jersey Day**

### **Word of the Day**

**Monday - Creativity**

**Tuesday - Precision**

**Wednesday - Compete**

### **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

**REGISTER  
HERE**



## 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 - 2<sup>nd</sup> Training Session
- 10:00-10:10 - WATER BREAK
- 10:10-10:45 - Small Sided Games
- 10:45-11:00 Camp Reflection