



Chicago Fire Camps & Training  
Tel: 1.800.680.6272  
Chicago-Fire.com

# camps - competitive

Chicago Fire Camps & Training Brings a Total Player Development Program to Your Community



## FEATURES - Curriculum: A.T.T.A.C.K.

### ► Age: U10

Player Learning Outcome:

1. Competitive Spirit
2. Movement With and Without the Ball
3. Passing and Support
4. Defensive Play
5. Attacking and Scoring

Daily Activity Schedule:

- Soccer-robics (unique movement activities designed to energize participants)
- Turns & Burns (creative one-on-one moves to beat your opponent)
- Skillbuilder (skills and techniques based upon the theme of the day)
- Netbusters (small-sided conditioned games around a goal)
- The Combine (daily skill testing)
- Back Yard Soccer (street games)
- MLS Play-Off (small-sided conditioned game developed to free play)
- Warm Down Activity (reinforcing knowledge, cool down time)

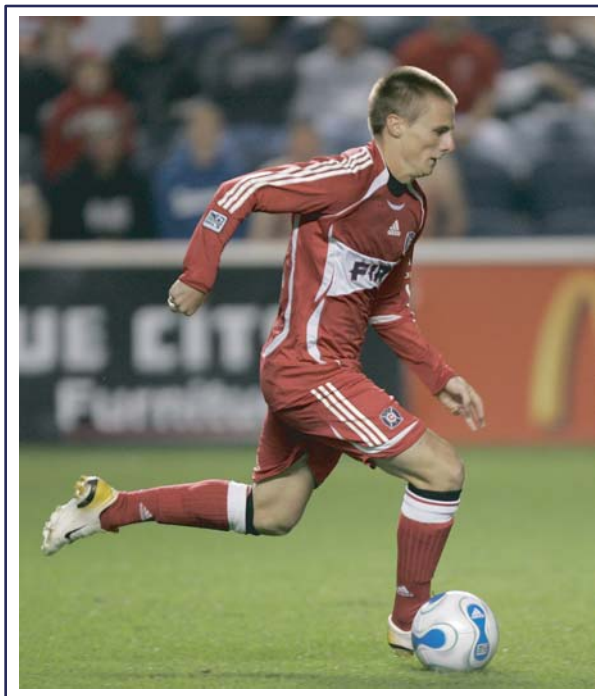
### ► Age: U12

Player Learning Outcome:

1. Competitive Spirit
2. Movement With and Without the Ball
3. Passing and Support
4. Defensive Play
5. Attacking and Scoring

Daily Activity Schedule:

- The Training Session (developing the attitude and training factor through soccer related exercises and games)
- The Coaching Session (developing daily technique factors from technical to tactical)
- Practice Like a Pro (developing functional roles and responsibilities)
- The Combine (a series of competitive small-sided games)
- MLS Tournament (applying daily key factors to game situations)
- All Out Attack (reinforcing the emphasis on attack with activities around a goal)
- Warm Down (reinforcing knowledge, cool down time)



### ► Age: U14

Player Learning Outcome:

1. Competitive Development
2. Movement With and Without the Ball
3. Passing and Support
4. Defensive Play
5. Attacking and Scoring

Daily Activity Schedule:

- The Training Session (developing the attitude and training factor through soccer related exercises and games)
- The Coaching Session (developing daily technique factors from technical to tactical)
- Practice Like a Pro (developing functional roles and responsibilities)
- The Combine (a series of competitive small-sided games)
- MLS Tournament (applying daily key factors to game situations)
- All Out Attack (reinforcing the emphasis on attack with activities around a goal)
- Warm Down (reinforcing knowledge, cool down time)

## COST

- Week-long, half-day camps typically range from \$85 to \$125
- Week-long, full-day camps typically range from \$150 to \$195

## BENEFITS

- Players typically receive a T-shirt, soccer ball, evaluation, gift and free companion ticket to a Chicago Fire Soccer
- Families have an opportunity to house Chicago Fire Camps & Training Coaches during their stay in the community

## FOR MORE INFORMATION

- Your local Chicago Fire Camps & Training representative
- 1-800-680-6272
- Chicago-Fire.com