



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 MEMBERS

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

-YOU'LL RECEIVE A LIST OF
SOCCER SKILLS DESIGNED FOR
HOME

-IOWA RUSH TRAINING SHIRT

CAMP DETAILS

When

**August 5th, 6th, 7th
5:45-8:00**

Where

Pella Soccer Complex

Who: Age Groups

Boys and Girls ages 9U-19U

Coaches

College/High School/Club

Cost

\$85

Register Online

www.iowarushsouth.com

TECHNICAL FOCUS

Monday

Ball Control/Dribbling/Passing

Tuesday

Striking/Shooting/Finishing

Wednesday

Attacking and Defending

*Goalkeeper Instruction

All 3 Nights

Themed Trainings

Monday - Blue and White Night

Tuesday - Funky Sock Night

Wednesday - Jersey Night

Word of the Day

Monday - Control

Tuesday - Composure

Wednesday - Courage

What to Bring

-Shin guards are required

-Cleats are encouraged

-A ball if you have one

-Water Bottle

***Label all personal belongings**



**IOWA RUSH SOCCER CLUB
SOUTH**

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.



Camp Schedule

5:45-6:00
Group Meeting
6:00-6:45
1st Training Session
6:45-7:00
Water Break with
Player/Coaches Challenges
7:00-7:45
2nd Training Session
7:45-8:00
Camp Reflection