

Marietta College

2008 Summer

Soccer Academy



Speed and Agility Sessions

- Improve agility, quickness, vertical, speed, power and balance
- Increase knowledge on nutrition for the serious athlete
- Reduce Body fat

Technical Sessions

- **Pass** using multiple techniques
- **Dribble** with head up, improving moves, cuts and turns to beat players and create space
- **First Touch** using all surfaces of the body
- **Finish** by developing different shooting techniques to help score more goals

Cost: \$80 for both fitness and technical sessions
\$65 for only Technical sessions or Fitness sessions

Dates: June 23, 25, 27, 30, July 2, 7, 9, 11

All sessions split Fitness/Technical 5:30 p.m. to 8:30 p.m.

=====
Name: _____ Birth date: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____

Check One or Both: Speed & Agility___ Technical___ Emergency Contact: _____

Make Checks Payable to Marietta College Soccer
Return To: Patrick Holguin, Men's and Women's Head Soccer Coach (740) 376-4672
Marietta College; 215 Fifth St.; Marietta, OH 45750