CAMP PHILOSOPHY

Soccer is a game that must be understood and mastered during a player's formative years. At most camps, only the basic building blocks for player development (technical, tactical, and physical components) are considered.

This basic methodical approach to teaching the game is only successful to a certain level. To fully develop a player's **maximum** potential to compete at higher levels of play, training must include the development of the player's mind, or what is called "**game intelligence.**"

Players with **game intelligence** can be recognized immediately on the field of play. They quickly adapt to high pressure situations and invariably have a strong influence on the outcome of a match. Consequently, **game intelligence** is now, the main criteria college and professional coaches look for in a player.

MAXIMUM PERFORMANCE SOCCER CAMP has created a program that includes game-simulated environments designed to guide players in the development of effective tactical behavior under high pressure situations. Within our age-appropriate training curriculum, players will have to confront and solve a series of problems that will stimulate their imagination and spontaneity, thereby helping them develop into more complete soccer players.

CAMP HIGHLIGHTS

- **Age Specific Training**
- **Age and Ability Grouping**
- **Agility and Coordination Drills**
- **Small Sided Games**
- **Camp T-shirt**

TIME: 9:00 am to 2:00 pm

COST: $240 for Day Camp

SOCCER VISION TRAINING

Soccer intelligence has become an important aspect of modern soccer training. Soccer vision is a major component of this approach to teaching the modern game.

There are a number of visual skills utilized when playing soccer:

- ***Awareness*** on the field and the player's relation to it.
- ***Anticipation*** of where the game is going based on what you see.
- ***Visual tracking*** of the ball and other players on the field.

Visual skill training can significantly improve peripheral perception, reaction time, ability to make more effective decisions, and maintain focus for a complete game.

SVT will be conducted in 5 one hour clinics immediately following the conclusion of the day camp session.

Each **SVT** clinic will provide practical exercises relevant to the game, during which players can improve their visual awareness, visual scanning speed, and peripheral vision. These activities are all designed to increase the player's ability to make faster, more intelligent decisions.

TIME: 2:00 am to 3:00 pm

COST: $100 for SVT

STAFF

Greg Leonow

- Watchung Hills High School Head Varsity Coach
- Central Institute of Sport Academy Netherlands
- TOP OSS 2nd Division Netherlands
- USSF National "A" License
- USSF National "B" License
- NSCAA Goalkeeping Diploma
- NSCAA Director of Coaching Diploma
- NSCAA Reading the Game Diploma
- NSCAA Management & Development Diploma
- NSCAA Mental/Physical Player Development Diploma
- NSCAA Member
- Positive Coaching Alliance Certificate
- LMA Creating a Culture of Excellence Certificate
- NESTA Speed, Agility and Quickness Specialist
- NESTA Biomechanics Specialist
- NESTA Core Condition Specialist
- English FA Player & Match Analysis Certificate
- English FA Running A Club Certificate
- English FA Fitness in Football Certificate
- CPR/First Aid Certification
- NFHS Concussion Certification
- NFHS Heat Acclimatization and Heat Illness Prevention Certification

Estiven Benitez

- USSF National License Coach
- Watchung Hills High School JV Coach

And other guest coaches!

NAME _____
ADDRESS _____
_____
AGE _____ M ___ F___
Email_____

Check appropriate sessions:

☐ Day Camp $240 (9:00 – 2:00)
☐ SVT $100 (2:00 – 3:00)
must participate in DAY CAMP in order to sign up for SVT

T-Shirt size: YM YL S M L XL

Allergies or other Physical Concern:

_____

Emergency Contact:
NAME_____
HOME/CELL#: _____

I certify the above named applicant is emotionally and physically ready, in good health and is given my permission to participate in this program. I understand that there is some risk in playing soccer and soccer related activities and I am willing to assume those risks. I certify that my child has no ailments or disabilities that would prevent my child from participating in Maximum Performance Athletics activities. I hereby agree to hold Maximum Performance Athletics, its agents, employees and contractors harmless from any and all claims for any injury or illness incurred by my child during participation in this program, during any break time, as well as being transported to or from the same, which transportation I hereby authorize. In case of emergency, I grant my permission to have my child given emergency treatment. I assume the financial responsibility for any medical treatment for my child. Also, I understand that no reimbursement will be granted for absences or cancellations due to weather. I also give permission for photos to be taken of my child at Maximum Performance Soccer Camp to be used for the web site and/or future brochures.

Parent/Guardian Signature:

MAIL APPLICATIONS TO:

Maximum Performance Soccer
49 Smith St.
Metuchen, NJ 08840

Payment: Make checks payable to
Maximum Performance Soccer

LOCATION OF SOCCER CAMP

Watchung Hills Regional High School
108 Stirling Road
Warren, NJ 07059

At the Mountain Ave Soccer Fields

Directions:

From Route 78 Eastbound
Take Route 78 to Exit 36, Warrenville Road , bear right off exit, go to second light and make first Left onto Mountain Avenue. Take Mountain Avenue East to Stirling Road , Turn right onto Stirling Road , Watchung Hills is second school on the left.

From Route 78 Westbound
Take Route 78 West to Hillcrest Road, Exit 40, bear right off exit. Turn left at 4-way Stop onto Mountain Avenue. Proceed down Mountain Avenue to second light and turn left onto Stirling Road. WHRHS is second school on the left.

From Route 22
Take Watchung Exit onto Somerset Street heading North. Take second exit off of Watchung Circle onto Stirling Road. Lake should be on your left. Follow Stirling Road to school on right, just past Rt. 78 overpass.

WHAT TO BRING

- Soccer Cleats and Sneakers
- Shin guards
- Water Bottle

For additional information or questions please contact Maximum Performance on the following email:

MaximumPerformanceSoccer@gmail.com

WATCHUNG HILLS SOCCER CAMP

Presented by Maximum Performance

2022 SUMMER SESSION

August 15-18

www.maximumperformancesoccer.com