

2020 SOGILITY SPRING BREAK & SUMMER CAMP

ADVANCE INFO

AS OF JANUARY 15, 2020

Sogility TOCA+ Camps

This spring & summer we at Sogility want to provide an atmosphere where your soccer players can have fun and love the game, but also improve in all components of the game. We will incorporate Dribbling, TOCA, TSZ, and iFast. Each day players will get work in each facet of the game. Every day will also include small-sided games for players to apply the various skills.

Camp Overview:

Dribbling/1v1 – We will work on total control of the ball while running at speed and creating separation from the opponent. We dribble to advance the ball forward, switch the point of attack, or simply get out of tight spaces. All of these have an end product, which can be a pass or a shot. We will look to incorporate quality end products throughout the week and how to create windows for passes or shots to be completed.

TOCA – TOCA training allows for more touches and greater time to build skills, hone your touch, increase fitness, and improve footwork.

TSZ - The Technical Soccer Zone (TSZ) is where players of all ages and abilities can improve their skills by using the same state-of-the-art technology driven training equipment at some of the biggest soccer clubs in the world.

iFast - You will be working on a soccer-specific training program that encompasses all the strength, speed, agility and movement aspects of the game.

Spring Break Camp #1

March 30, 31, & April 1, 2

9am-12pm

Cost: \$180

Register here: <https://app.upperhand.io/customers/574-sogility/events/27535-sogility-spring-break-camp-1-toca-techniques-and-ifast>

Spring Break Camp #2

April 6, 7, 8, 9

9am-12pm

Cost: \$180

Register here: <https://app.upperhand.io/customers/574-sogility/events/27537-sogility-spring-break-camp-2-toca-techniques-and-ifast>

Summer Camp #1

June 1, 2, 3, 4

9am-12pm

Cost: \$180

Register here: <https://app.upperhand.io/customers/574-sogility/events/27538-sogility-summer-camp-1-toca-techniques-and-ifast>

Summer Camp #2

June 8, 9, 10, 11

9am-12pm

Cost: \$180

Register here: <https://app.upperhand.io/customers/574-sogility/events/27540-sogility-summer-camp-2-toca-techniques-and-ifast>

TOCA+ SKILLS SUMMER CAMPS

Sogility certified coaches will run 60 minute fast paced sessions that emphasize technical skills, passing and receiving, 1v1 moves to beat opponents and finishing.

This program develops stronger technical skills to provide players more confidence on the field. TOCA+ Skills camps present game related decision-making skill ready to be used on the field!

Sogility offers intermediate and advanced skills training with TOCA touch trainers. Our advanced training sessions will focus on ball mastery, advanced decision-making skills, and technical skills.

Most importantly, each camp will bring out the love of the game with various challenges, games and fun!

Camps will be on the following dates:

- June 15-18
- July 13-16

Time: 1:00-2:00 pm (Intermediate) & 2:00-3:00 pm (Advance)

Cost: \$125

Register Here:

<https://app.upperhand.io/customers/574-sogility/events/27545-toca-summer-skills-camp-1-intermediate-ages-7-13>

<https://app.upperhand.io/customers/574-sogility/events/18625-toca-summer-skills-camp-1-advanced-ages-14>

<https://app.upperhand.io/customers/574-sogility/events/27547-toca-summer-skills-camp-2-intermediate-ages-7-13>

<https://app.upperhand.io/customers/574-sogility/events/27542-toca-summer-skills-camp-2-advanced-ages-14>

Summer TOCA + Athlete Development Intensive & TSZ -- 90 Min

The TOCA + Athlete Development 90 Minute Intensive is a 6-week summer training program combining 30 minutes of athlete development with strength, agility and movement by iFAST, 30 minutes of TSZ, and 30 minutes of TOCA training. This high paced session will challenge skills and keep you mentally sharp.

Summer is the time to really work hard in preparation for your fall season, whether that be at the youth, high school, or college levels! Looking for a way to get ready for your Fall soccer season? The TOCA + Athlete Development & TSZ 90 Minute Intensive is the perfect way for you to do that!

AM Classes will take place on Tuesday and Thursday mornings from 10am-11:30am. Classes start on June 16th and run until July 30th.

PM Classes will take place on Tuesday and Thursday evenings from 5pm-6:30pm. Classes start on June 16th and run until July 30th.

Classes will be on the following dates:

- June 16 & 18
- June 23 & 25
- July 7 & 9
- July 14 & 16
- July 21 & 23
- July 28 & 30

Cost: \$225 (Or you may purchase single sessions for \$25 each)

Participants can sign up for all sessions or drop into single sessions. Select the blue purchase button to the right. For less than all sessions, deselect "all days" and pick the days you'll attend.

Register Here:

AM Classes: <https://app.upperhand.io/customers/574-sogility/events/27541-summer-toca-athlete-development-intensive-and-tsz-90-min-am>

PM Classes: <https://app.upperhand.io/customers/574-sogility/events/21220-summer-toca-athlete-development-intensive-and-tsz-90-min-pm>