



# SUMMER SOCCER CAMP

In collaboration with St. Ignatius SC, Union Sacramento FC will participate in running a skills camp.

This camp will be cover all aspects of the game but will concentrate on skills development.

The camp will be run and coached by the professional staff at Union Sacramento FC.

- Technique – dribbling, passing, receiving ground balls, receiving air balls, shooting, heading.
- Tactics – beating an opponent, individual defending, small group tactics
- Agility, balance, and coordination
- Team tactics – support in attack, support in defense
- Games – Small sided and full field games

**EASY ONLINE REGISTRATION:**

**[WWW.UNIONSACRAMENTOFC.ORG](http://WWW.UNIONSACRAMENTOFC.ORG)**

**Session dates/times:**

**August 6<sup>th</sup>-August 9<sup>th</sup>**

**9 am-12 pm**

**\$125 for**

**(4) 3-hour sessions**

**Camp t-shirt Included**

**Location:**

**General Davie School  
1500 Dom Way**

**Sacramento 95864**

**Boys and Girls**

**Players born 2004-2013**

**are welcome**

**All skill levels are  
encouraged to attend**

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Questions: email Lori Kennedy

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