

Total Soccer Camp

June 10 -13 8am - 5pm
Boys & Girls ages 10-14 Cost: \$250



Total Soccer Camp will create an environment your player will feel safe to compete at an elite level. We are dedicated to developing the skills your player needs to reach their full athletic potential. They will leave this camp with the tools they need to play better soccer.

LEARN HOW TO

- ☆ Learn positional play!
- ☆ Read the game!
- ☆ Develop a system of thinking!
- ☆ Play calmly and confidently!
- ☆ Exercise to improve excellence with the ball!
- ☆ Develop qualities such as being a team leader and a team player!
- ☆ Develop an understanding of the game that promotes speed of play!
- ☆ Journal to develop your WHY!
- ☆ Increase strength through core training!
- ☆ Understand nutrition & restoration recovery w/ yoga!

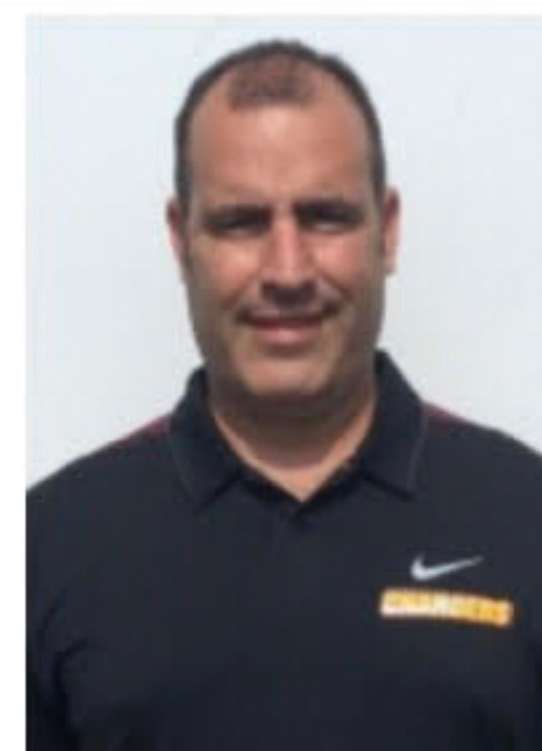
DAILY ACTIVITIES

8:00am Dynamic Warm up
8:30am Technical exercises
9:00am Rondo's
9:30 am Possession Games
10:30am Strength Training
11:00am 9v9 Games
12:00pm Lunch
12:30pm Classroom
1:00pm Soccer Tennis
1:30pm Futbol
3:30pm 9v9 Games
4:30pm Yoga
5:00pm Pick up



Contact:

Safety Harbor City Park 940 7th Street S.
Safety Harbor, FL 727. 724.1545



Coach Sergei Stopek

National A License
Player Under 23
National Select
Team
Country's played in
Hungary, Estonia,
Russia (Moscow and
Minsk), England,
Czechoslovakia

Coastal Carolina University Division I
Nashville Metros USISL
Coach
1997 FYSA State Finalist U15 Girls Largo
United Soccer Club
1998 FYSA State Champions U16 Girls Largo
United Soccer Club
2000 FHSAA State Champions Palm Harbor
University Girls Varsity Soccer
2004 FYSA President Cup Champions U12
Girls Clearwater Chargers
2005 FYSA State Cup Champions U13 Girls
Clearwater Chargers
2006 FHSAA State Champions Palm Harbor
University High School Boys Varsity Soccer
2007 FHSAA State Finalist Palm Harbor
University High School Boys Varsity Soccer
2007 FYSA State Cup Champions U15 Girls
Clearwater Chargers
2009 FYSA President Cup Finalist U11 Boys
Clearwater Chargers
2013 FHSAA State Semi Finalist East Lake
High Girls Varsity Soccer
2016 FHSAA Region C Cup Champions U12
Boys Clearwater Chargers
2016 FHSAA President Cup Champions U12
Boys Clearwater Chargers
2017 Chargers 12 Boys U.S. Soccer
Development Academy
2018 Chargers 12 Boys U.S. Soccer
Development Academy
2019 Chargers 12 Boys U.S. Soccer
Development Academy