

## Camp Schedule

### Daily Monday - Friday

9:00-9:30 **Warm-up/Warm-up Game**

9:30-10:00 **Foot Skills and Soccer**

**Moves**

### Soccer Training Sessions - (AM)

Monday - 10-11:30 **Passing** and **Trapping** -techniques, drills, and games

Tuesday - 10-11:30 **Dribbling** - techniques, drills, and games

Wednesday - 10-11:30 **Shooting** - techniques, drills, and games

Thursday - 10-11:30 **Juggling** (for ball control and fun) and **Heading** - techniques, drills, and games

Friday - 10-11:30 **Soccer Skills Evaluation Time** (review of the week)  
11:30 - 12:00 **Scrimmages** (daily)

### Daily Monday - Friday

12:00 - 1:00 **Lunch** (half day release)

1:00 - 2:00 **Sport Specific Training** (see below)

2:00 - 3:00 **Foot Skills, Soccer Moves, and Small Sided Games**

### Sport Specific Training Sessions - (PM)

Monday - **Speed Training** - Technique and Drills

Tuesday - **Agility Training** - Drills and Sports Specific Routine

Wednesday - **Body Weight Exercises** - Upper, Lower, and Core

Thursday - **Injury Prevention/Balance** - Deceleration/Proprioception Training

Friday - **Nutrition/Review/Choice** - information/Discussion/Q&A and Short Choice Workout



## “JUST FOR KICKS” SOCCER CAMP 2017

Desire,  
Dedication,  
Determination!

Thanks to our sponsor!

GINO’S PIZZA PLACE  
351 Fries Road  
Tonawanda, New York 14150  
836-8020/836-8021

For More Information Call:  
Camp Director  
Bobby DiNunzio 876-3593

Or  
Director of Youth/Micro Soccer  
For Kenton Soccer Association  
Gino Pinzone 472-8251

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## “JUST FOR KICKS” SOCCER CAMP

Summer 2017

Camp Director  
Bobby DiNunzio

Where: Kenney Field  
Colvin and Brighton  
Tonawanda, New York 14150

When: Monday-Friday  
July 10<sup>th</sup> - July 14<sup>th</sup> 2017

Time: Full Day: 9am-3pm  
Half Day: 9am-12pm

Cost: Full Day \$125 / Half Day \$95  
(Both include: ball, t-shirt & lunch)

**Camp Director**  
**Bobby DiNunzio**

His many years of professional playing experience, culminating with the Buffalo Blizzard, and his collegiate and youth level coaching experience, afford him the insight necessary to bring out the best in each player while developing each one's skills at his or her own pace. This will be done in an enjoyable environment that stresses teamwork and sportsmanship in all aspects of the game.

**Career Highlights**

- \*Former Professional Soccer Player
- Buffalo Blizzard 1993-2000 NPSL
- Canton Invaders 1987-1993 NPSL
- Toledo Pride 1986-1987 AISA
- \*Played in over 500 games, accumulating over 500 points and 500 blocks
- \*Three-time champion with the Canton Invaders
- \*Four-time NPSL All-Star selection
- \*Inducted into Buffalo State's Athletics Hall of Fame in 1994
- \*Inducted into Kenmore East's Athletics Hall of Fame in 1994
- \*Boys Varsity Head Coach at Amherst High School

**Each Camper Will Receive**

- \*Professional Instruction
- \*Camp T-shirt
- \*Camp Soccer Ball
- \*Handwritten Progress Report
- \*Lunch (provided by Gino's Pizza Place)
- \*Pizza Party on Friday

**Each Camper Must Bring**

- \*Shin guards (must be worn in order to play)
- \*Water Bottle and Sunscreen

**About The Camp**

\* This camp is designed for soccer players between the ages of 4-14. The camp will provide quality coaching and instruction at all age levels. The camp will offer a fun atmosphere in which to learn the basics of the game as well as the more advanced techniques for the more experienced player. Players will learn the basic techniques of the game through a variety of fun yet challenging drills and activities that will help build the confidence of each player.

\* Each morning a different technique will be introduced and practiced throughout the day. Passing, trapping, dribbling, shooting, juggling and heading will all be covered in depth, as well as the first and secondary roles of forwards, midfielders and defenders in game situations. On Friday, an evaluation progress report will be done by the coaches for each player.

\* After lunch, the afternoons will consist of sport specific training sessions. These sessions will help young athletes increase performance, prevent injury and help to become educated in the area of functional training by experience. The sessions will include; strength, speed, agility, core performance and plyometric training. All of these elements are needed to perform at a higher level. Also included are injury prevention and nutritional sessions. Each athlete will leave with a sample routine of what they experienced throughout the week, along with a nutritional plan to help them eat properly. The day will conclude with small-sided games, used to reach the technical and tactical training that has been learned.

**Coaches and Staff**

Former professional, college and high school coaches and players.

**Camp Registration/Application**

Mail To: "Just For Kicks" – 113 Rockdale Drive – Buffalo, New York 14228

Make Checks Payable To: Bobby DiNunzio (Non-Refundable)/876-3593

Name (First) \_\_\_\_\_ (Last) \_\_\_\_\_  
 Parent/Guardian (First) \_\_\_\_\_ (Last) \_\_\_\_\_  
 Address \_\_\_\_\_ (City) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip) \_\_\_\_\_  
 Phone (Home) \_\_\_\_\_ Emergency (Phone) \_\_\_\_\_ Emergency (Name) \_\_\_\_\_  
 Age \_\_\_\_\_ Birthday \_\_\_\_\_ Sex (Male) \_\_\_\_\_ (Female) \_\_\_\_\_  
 Email Address \_\_\_\_\_  
 Any physical or medical ailments (explain) \_\_\_\_\_

\*\*\* CIRCLE ONE ALL DAY CAMP (9am-3pm----\$125) HALF DAY (9am-12pm----\$95) \*\*\*

T-shirt size (circle one) YS YM YL YXL AS AM AL AXL

I give my child permission to participate in the camp, and release "Just For Kicks" Soccer Camp, its coaches, employees, sponsors and Kenney Field from any liability that may occur while my child is at camp.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_