



HEAD TRAINERS

Ben Hinchey and Lisa Hinchey

Who:

Competitive Soccer Players
Boys and Girls Ages 10 - 15

When:

Monday - Thursday June 27 – July 21
6:00 - 8:00

Where:

Westfield Elementary School
25125 Mayfield Lane, Glen Ellyn, IL 60137

Cost:

Any 2 weeks: \$100
Any 3 weeks: \$140
All 4 weeks: \$170

Contact Info:

Ben Hinchey 630.930.4816
ben@synergysoccerclub.com

To Register:

Send a check made out to Synergy Soccer Club
along with the form below to:

Synergy Soccer Club

PO Box 257

Glen Ellyn, Illinois 60138-0257

COMPETITIVE CAMPS

Synergy will be hosting four one week competitive camps that will have a different focus each week. The camps will run Monday through Thursday nights, 6:00 to 8:00 from June 27-July 21, 2011. These camps are open to players between the ages of 10 and 15 that have competitive playing experience and want to expand their physical and mental soccer abilities in different areas. Ben Hinchey and Lisa Warner will be running the camp with help from various qualified people in different weeks. Ben and Lisa both have college playing experience and many years of coaching and training experience. They will divide the campers into groups based on their ability levels and age.

Week 1 (June 27 – June 30): The Final Third

Ben and Lisa will be joined by goalkeeper trainer Bruce Janek who also has college playing experience and years of training under his belt. We will focus on what to do in front of goal for goalkeepers and attacking players. This week is open to all players as everyone on the field will have opportunities to create scoring chances including midfielders and defenders.

Week 2 (July 5 - 7): Possession

As soccer players get older and play at higher levels, possession becomes an increasingly important part of a team's success. A possession style of soccer has brought success to teams at the highest level in the world, as evidenced in Barcelona's and Spain's recent Champions League and World Cup wins. Any player that can hold possession at extremely high level can be a valuable asset to high level teams.

Week 3 (July 11 – 14): 3v3 Training

Ben and Lisa have repeatedly advanced to the Kick-It National 3v3 Soccer Tournament. They have done so with teams at a young age and also playing in a Co-Ed adult league. 3v3 has greatly contributed to their development as players and they will be sharing that experience with the camp participants. Ben and Lisa will be joined by people that have played on their Adult Co-Ed team that recently won the regional championships.

Week 4 (July 18 – 21): Speed and Agility Training + 3v3 Soccer

Ben and Lisa will be joined by Mike Williams of Chicago United Speed Training. His company specializes in soccer specific speed and agility drill designed to teach soccer players to run faster and smarter. The last 45 minutes will consist of the players playing 3v3 soccer. By playing soccer in a small-sided format, players can more readily recognize and develop technical and tactical aspects of their game since each player is always involved.

SUMMER SOCCER CAMP 2011



PLAYER'S NAME _____	PARENT'S NAME _____
ADDRESS _____	CITY _____ STATE _____ ZIP _____
EMAIL ADDRESS _____	PHONE # _____
EMERGENCY CONTACT _____	PHONE # _____
PLAYER'S BIRTH DATE _____	CURRENT CLUB/ TEAM _____ PRIMARY POSITION _____

If not a current Synergy player, fill in the information below.

OTHER CLUB OR PARK DISTRICT _____	PLAYING EXPERIENCE IN YEARS _____
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All players will be required to fill out an insurance form at registration on the first day of camp.

Weeks Participating (Circle Weeks) 6/27-6/30 7/5-7/7 7/11-7/14 7/18-7/21