

# Falcon PreSeason Camp



**Gear up for your soccer season with this 1 week camp! Hosted and directed by the Head Coaches of the Girls and Boys programs at Saddle Brook High School Deandra Donato and Christopher Alfieri.**

**Camp will run 9am-12pm 7/22-25 with 7/26 as a rain day makeup. Cost is \$125 per player. All proceeds go to support the girls and boys programs at Saddle Brook High School.**

**You will have a full week's curriculum consisting of:**

- Day 1- dribbling, changing direction with the ball and turning**
- Day 2- passing and receiving, three types of first touch and movement off the ball**
- Day 3- dynamic play, 1v1, 2v2, 3v3**
- Day 4- Striking the ball and finishing**

**Goalkeepers curriculum to cover:  
Catching and handling, footwork, angle play, breakaways, crosses, corners, organization, communication and leadership**

**Please register by 7/15. To enroll or for questions please email [falconssc1@gmail.com](mailto:falconssc1@gmail.com).**