



# BOCA PREP INTERNATIONAL SCHOOL USA

The Sunlake Soccer & Sports Camp's mission is to provide boys and girls, from beginners to advanced, with optimal soccer coaching education in a fun and challenging environment to develop better players.

This is achieved this by combining daily training of the highest quality with soccer players that are both determined and passionate about the sport. Our coaches, fully licensed by the U.S. Soccer Federation and NSCAA, are prepared to assess players to enhance their strengths and improve their weaknesses to perform at a higher level.

The coaches at Sunlake Soccer & Sports Camp create an environment where players will develop by learning from the game itself. This is achieved through activities in which players are constantly making their own decisions, therefore learning to receive and process information to solve problems during the game. We treat soccer as it should be treated, as a player-oriented sport.

Futsal (the only form of indoor soccer sanctioned by FIFA) plays a key role in our camp. This exciting sport is a great skill developer, demanding quick reflexes, fast thinking and pin point passing. Playing in enclosed areas develops creativity; players are also constantly placed in demanding decision making situations in enclosed areas which is a major reason why Futsal is one of the finest teachers of the quick pass and move. Futsal quickly develop skills required for soccer: - balance, motor ability, agility and coordination, ball mastery, accurate and quick passing and receiving, perception insight and awareness.

Our sandbox is used for speed, conditioning, and for Footvolley. Footvolley is an increasingly popular sport that combines beach volleyball and soccer, improving technique while strengthening leg muscles.

At the end of the day, players will be able to cross train by participating in multiple sports such as basketball, table tennis, volleyball, beach volleyball, as well as relax and recover at the swimming pool.

## Sample Schedule

<b>8:00 – 9:00 am</b>	Drop-Off
<b>8:30 – 9:00 am</b>	Warm-Up Exercises
<b>9:00 – 9:30 am</b>	Speed, Agility, & Coordination Training
<b>9:30 – 10:45 am</b>	Soccer Technical Session
<b>10:45 – 11:00 am</b>	Snack
<b>11:00 – 12:00 pm</b>	Futsal Technical Session
<b>12:00 – 1:00 pm</b>	Lunch
<b>1:00 – 2:00 pm</b>	Soccer & Futsal Games
<b>2:00 – 2:45 pm</b>	Cross Training & Recover (Swim, Basketball, Volleyball, Beach Volleyball, Table Tennis, and much more!)
<b>2:45 – 3:00 pm</b>	Pick- Up
<b>3:00 – 6:00 pm</b>	Aftercare Available