

Crossfire[®] OREGON

SUMMER ELITE FINISHING CAMP – AGES 2009s and up

#1 – Mon June 18 to Fri June 22 – 10am to 2pm - \$250

#2 - Mon June 25 to Fri June 29 – 10am to 2pm - \$250

In the Crossfire Finishing Camp we utilize training exercises that require players to perform physically and cognitively in game-like situations. The selected training exercises will provide each player with a high number of repetitions for striking the ball. Throughout training, players will be provided with constructive feedback that focuses on the proper angle of approach, position of the kicking and non-kicking foot as contact is made, follow through after striking the ball, and then landing on the kicking foot after contact with the ball.

Upon completion of the camp, each player will receive a copy of their recording along with an individualized training program targeted at helping them improve their striking of the ball. The individualized training program will provide varied individual technical exercises for the player to work on over the course of summer. At the end of the summer, players will be re-evaluated on either August 21, 22, or 23, from 11.30am to 12.30pm. During this time players will be recorded in the same manner as in June so a side-by-side assessment can be completed. A brief analysis of this assessment will be provided following the completion of the re-evaluation in August. Please contact fraser@losc.org for questions and to schedule player re-evaluation. Register at www.crossfireoregon.com



CAMP HIGHLIGHTS

QUALITY LOCAL COACHING STAFF

REALISTIC GAME LIKE EXERCISES

VIDEO ANALYSIS

INDIVIDUALIZED TRAINING PROGRAM TO WORK ON OVER SUMMER

RE-ANALYSIS AT END OF SUMMER



DIRECTORS.
Mortgage

This is not a
commitment to lend.
NMLS-3240, CL-3240



BBB
ACCREDITED
BUSINESS
EQUAL HOUSING
OPPORTUNITY A+ Rating