

SUMMER ID CLINICS 2019

LEHIGH WOMEN'S SOCCER



GOALS & OBJECTIVES

To provide high school players with the opportunity to experience a one-day training curriculum developed and instructed by the Lehigh Coaching Staff. Training instruction and intensity will align with the programmatic principles of LUWS, and, will adhere to a 3 session format that will target the following areas of development:

- Technical proficiency
- Cognitive creativity and decision making
- Execution and performance outcomes
- Tactical aptitude and adaptability

DETAILS

- **Dates:**
 - Session I: Sunday, June 9, 2019
 - Session II: Sunday, August 4, 2019
- **Location:** Kaufman Fields
- **Grades:** 9-12
- **Tuition:** \$150
- **Lehigh T-shirt** Included
- **What to Bring:** Cleats and shoes/runners, shin guards, water bottle

HOW TO REGISTER

- Register online at www.LehighSports.com (Camps & Clinics)
Lehigh uses the Active Network for registration, so prior attendees (or Active members) can use their login created from prior purchases.

SCHEDULE

CHECK IN: 9:00 AM – 9:30 AM
Kaufman Field

SESSION 1: 9:30 – 10:00 AM
Dynamic warm-up with soccer specific speed/agility training

SESSION 2: 10:00 – 11:30 AM
Technical session with focus on the skill of scanning; small-sided games with an emphasis on breaking lines, taking risks in the final 1/3, and showcasing individual technique and decision-making

Lunch w/ Q&A: 11:30 – 12:45 PM
Lunch provided. Overview of collegiate strength & conditioning program

SESSION 3: 12:45-2:45 PM
Warm-up and progression to larger games

PICK UP: 3:00 PM
Pick Up at Kaufman Field

Lehigh University Girls Soccer Academy



For Questions: Please contact Assistant Coach, Lauren Calabrese, Inc3@lehigh.edu