

Triad Training

The purpose of this camp is to prepare the developing soccer player for competitive play at a higher level. My focus on U/10-U/12 players allows me to develop proper technique, small sided tactics and fitness habits “at the right time and right place”. What players learn in a week here, will last them a lifetime.



Camp Director:
Suzanna “Suz” Martinez

- **Coaching Experience (9 years)**
 - USSF National C License
 - Staff Trainer, Colorado Rush Soccer Club
 - Coach, People to People Sports Ambassadors
 - Head Coach, Littleton United Soccer Club
 - Assistant Coach, Los Alamos High School
 - Camp Instructor, Nike P.L.A.Y. Camps
- **Playing Experience (26 years)**
 - University of Southern California (Division I)
 - USSF Olympic Development (Region IV)
 - Albuquerque United Football Club (Duke City)
 - Los Alamos High School (AAAA)

For questions about Triad Training:
suzzannamartinez@hotmail.com
303-233-3815



Soccer.
Football.
Fútbol.
Futebol.
Calcio.
Fussball.
Fußbal.
Voetbol.

Northwest Rio Grande Soccer League

Member Clubs:

- Alameda Soccer Club
- Albuquerque Girl's Soccer Club
- Corrales Soccer Club
- Paradise Hills NM Clash Soccer Club
- New Mexico Rush (West) Soccer Club
- Rio Rancho Soccer Club
- Sandoval Soccer Club
- South Valley Soccer Club
- Valencia Del Rio Soccer Club

Triad Training is hosted by:

Corrales Soccer Club
P.O. Box 1553
Corrales, NM 87048

(505) 227-6555
www.nwrgsl.org/corralessoccerclub/

TRIAD TRAINING

Space Is Limited.
Register Today!

U/10-U/12

Technique
Tactics
Fitness



Hosted by

Corrales Soccer Club



July 20-24, 2009

5:30pm-7:30pm

Corrales Recreational Field



Soccer.
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Soccer is the world's sport. By participating in the game, a player and his or her family are involved in a **global conversation**.

Win or lose, **the goal of every player should be to enjoy the game** while getting better with every training session.

Triad Training inspires players to develop a passion for soccer. The end result is a player that has fun while working on skill mastery individually, while contributing to a team environment, and while improving personal fitness.

Triad Training focuses on:

- 1 **Technique**
Good technique is the foundation of a quality soccer player. Triad Training will teach proper technique and correct improper technique where necessary.
- 2 **Tactics**
It is important for player's to understand the game and to be comfortable playing in multiple positions. Small sided play teaches tactical play while giving players multiple touches.
- 3 **Fitness**
Soccer is the runner and thinker's game. It is important to develop good fitness and mental toughness habits at an early age, which will help in soccer and in life.

Day 1: July 20

FOCUS

- Parent / Player Meeting
- Dynamic Stretching
- Ball Control
- Creative Dribbling
- 4v4

Day 2: July 21

FOCUS

- Youth Yoga
- Passing
- Receiving
- 4v4

Day 3: July 22

FOCUS

- Speed-Agility-Strength (SAS)
- Finishing
- 4v4

Day 4: July 23

FOCUS

- Core Work
- Shielding
- Heading
- 4v4

Day 5: July 24

FOCUS

- Ball Work
- Technique / Tactics Review
- 4v4 Tournament
- Parent / Player Meeting

Triad Training Registration

Options:	Cost:
<input type="checkbox"/> Player registration Includes player evaluation	\$80.00
<input type="checkbox"/> Parent / Player Training Guide Additional age-appropriate drills, games, exercises for the developing player	\$10.00

Player Name _____		Nickname _____	
<input type="checkbox"/> Male	<input type="checkbox"/> Female	Age _____	Years Played _____
Parent Name _____		Cell Phone # _____	
Parent Name _____		Cell Phone # _____	
Address _____			
Home Phone _____			
E-mail _____			

Method of Payment:

- Check
(payable to Corrales Soccer Club)
- Cash

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Register Today!**

Mail form and payment no later than June 30th to:

Corrales Soccer Club
P.O. Box 1553
Corrales, NM 87048

Triad Training Details:

July 20-24, 2009
5:30pm-7:30pm
Corrales Recreational Field
500 Jones Road, Corrales NM



Each session, players should have:

- | | |
|--|--|
| <input checked="" type="checkbox"/> Soccer Ball
(properly inflated) | <input checked="" type="checkbox"/> Sweats / Rain Gear
(if necessary) |
| <input checked="" type="checkbox"/> Cleats | <input checked="" type="checkbox"/> Water |
| <input checked="" type="checkbox"/> Shin Guards | <input checked="" type="checkbox"/> Girls: Hair in Ponytail |