



## THE STAFF

The staff blends together a wealth of teaching and playing experience that can be matched by few other camps and is dedicated to enthusiastically making better players of all campers.

Blair Badow  
Erica Barth  
Jacob Depas  
Brian Gerondale  
Erik Loftdahl  
Katie Manders  
Mike Le Mere  
Brad Nycz  
Bob Rickards  
Tim Sewell

Green Bay Lightning is one of Green Bay's up and coming competitive soccer clubs. The club does not measure success by wins and losses, but in style and quality of the performance of players and coaches. It's a volunteer organization committed to developing youth soccer players to the best of their abilities and preparing them to play at the highest level at which an individual desires to participate, consistent with their playing ability and commitment.

*The Green Bay Lightning Soccer Club, Inc. provides the youth of the greater Green Bay area an opportunity to enhance and enrich their soccer experience through quality soccer programs, training, coaching and facilities.*

### SPONSORS:



Soccer World LLC  
2300 South Oneida Street #6  
Green Bay, WI 54304

"Your One Stop Soccer Shop"

Phone: 920.496.1163  
Email: [Worldsportssoccer@aol.com](mailto:Worldsportssoccer@aol.com)



# First Touch Soccer Academy

*Teaching the basics first.*

*This is a 6-week instructional soccer camp to help young players (7-10) develop core soccer skills while introducing them to select club soccer and the opportunities that go with it.*

## Green Bay Lightning

P.O. Box 1022  
Green Bay, WI 54305

[www.greenbaylightning.org/](http://www.greenbaylightning.org/)

# First Touch

A good first touch is a soccer commandment - we talk about it all the time and many drills and exercises are created to try to get across to the players from an early age that first touch is crucial.



Why do young players need a good first touch?

- Gives a player TIME and SPACE to assess what to do next – i.e. pass, dribble or shoot.
- Ensures a time-wasting second touch is not required getting the ball out of the feet quicker.
- Enables players to operate comfortably under pressure and in tight situations.

Only when players have confidence in their technique can they truly be ready for the next step. This six-week program is designed to give young players the foundation skills necessary to take the next step and succeed at the competitive club level.

### OUR APPROACH

The camp is designed to introduce basic soccer techniques through a "games and activities" approach to learning while having fun. This creates an environment that develops creativity and problem solving skills that brings out the game within each child. Dribbling, passing and shooting will be techniques covered while exposing them to tactical decisions through small sided games.

### THE SESSIONS

- WEEK 1 Basic Foot Work
- WEEK 2 Progressive Dribbling
- WEEK 3 Technical Passing
- WEEK 4 Passing and Receiving
- WEEK 5 Field Awareness
- WEEK 6 Putting it all Together



### WHAT TO BRING

Each child should bring a soccer ball, proper shoes, shin guards, sun block and water.

### TIME FRAME

The sessions will run from September 13 – October 18. Both camps will run from 12:00 – 1:30.

### WEATHER

All sessions cancelled due to weather, will be rescheduled if weather and time permit.

### LOCATION

Two sites will be used for these sessions. In Green Bay, sessions will take place at the East River Emily Park. In Luxemburg, sessions will take place behind the elementary school.

The indoor session will be held at St. Mary's gym.

### TUTION

The cost of this camp will be \$40 for the six-week session. Enrollment will be limited to the first 30 participants.



### REGISTRATION

Name: \_\_\_\_\_

Age: \_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Parent/ Guardian: \_\_\_\_\_

T-Shirts(circle one):    YS   YM   YL   S

Any physical limitations:    Yes   No

Any Medical Limitation:    Yes   No

If Yes, please explain: \_\_\_\_\_

\_\_\_\_\_

The applicant understands and willingly assumes the risks associated with participation in the GBL First Touch Academy activities. The applicant is in good health and has my permission to participate in this program. I hereby release Green Bay Lightning and members of the First Touch Academy staff from all liability for accident, injury or aggravation of medical conditions because of participation in its program of activities.

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Please detach and mail this form and payment to:

**Green Bay Lightning**  
**P.O. Box 1022**  
**Green Bay, WI 54305**