

# ARMY WEST POINT™

## WOMEN'S SOCCER

### ARMY WEST POINT GIRLS SUMMER ID CAMP

July 19-July 22, 2020

**Description:** A fun and challenging camp with sessions conducted by college coaches from NCAA, NAIA, and Junior Colleges. Training sessions will be college level sessions with an emphasis to challenge each camper to play at college level speed and quality. Both technical and tactical sessions will be run while also testing the camper physically and mentally. Lectures will be offered during the week on topics such as strength and speed training, nutrition, the 'general' recruiting process, and leadership/teamwork. Small sided and 11v11 games will be included in the camp, along with fun, social activities such as a talent show, skills challenge, and participating in our leadership course. This camp is fully designed to help our campers experience college level coaching sessions, with college level challenges and, to improve a players overall self confidence. Go Army!