

# Summer Programs



## GOALSCORER—SHOOTING & FINISHING CAMP

Get the extra edge in putting the ball in the back of the net. This camp covers all aspects of finishing and is NOT just for strikers but for ALL players who want to improve their goal scoring ability

- Designed to get the players to take technically correct shots - striking the ball properly
- Players will be put in different situations for greater scoring opportunity
- Game situations to practice remaining calm under pressure and finish
- Players will take anywhere from 200-1000 shots on goal using different angles and distances.
- Different scenarios in the top of the 18 yard so players become comfortable in front of the goal.

For players born 2018-2011 Players are divided by age and ability.

July 14-18 Mon-Thur 8:30am-12:00pm \$220  
 Aug 4-Aug 7 Mon-Thur 8:30am-12:00pm \$220

Location: Buffalo Creek

## ATTACKING/DEFENDING CAMP

Improve the technical and tactical aspects of attacking. Become a complete player in the game - attackers defend and defenders attack.

- Use attacking/defending principles
- Pressure-Position-Patience-Compactness
- Learn to pressure/cover/balance at the right time & distance
- Finishing; 1 Touch Side Volleys; Half Volleys; Full Volleys
- Learn The "Ronaldo Move" "super scissors"
- "The Messi Move" "Roll-Over Cut"
- Long & Short Range Shooting/Breakaway finishing
- Mbapee "The Killer Move" Explosiveness

For players born 2018-2011. Players are divided by age and ability.

July 7-July 10 Mon-Thur 8:30am-12:00pm \$220  
 July 21-July 24 Mon-Thur 8:30am-12:00pm \$220

Location: Buffalo Creek

## JUNIOR ACADEMY

For U4-U6. Sessions are designed for beginner to advanced Junior players. Focus will be placed on development of basic motor skills and basic soccer skills through creative fun games.

June 18-Aug 8 (no session 7/4)

### Wednesdays (Fee:\$130)

Ages U4 & U5 5:00pm-5:50pm  
 Ages U6 6:00-7:00pm

### Fridays (Fee;\$115)

Ages U4 & U5 10:00am-10:50am  
 Ages U6 9:00am-10:00am

Location: Braemar

**Refund Policy:** Fees are non-refundable. Registration is a commitment to participate and fees are due in full. No refunds for inclement weather. Fees cannot be pro-rated. Minimum participation required for session to run.

## TOTAL SKILLS & MINI WORLD CUP CAMP

Refine your skills on the ball and improve your game. This camp will focus on core soccer and small group tactics.

- Individual foot work activities
- Players will get between 2000-3000 touches on the ball
- Juggling, passing and receiving
- Work on developing quick feet, changing directions, explosiveness
- Mini World Cup Tourney creating triangle/diamond shape

For players born 2018-2011. Players are divided by age and ability.

June 16-June 19 Mon-Thur 8:30am-13:00pm \$220  
 July 28-July 31 Mon-Thur 8:30am-12:00pm \$220

Location: Buffalo Creek

## MASTER ALL FOOTSKILLS CAMP

This camp will focus on core soccer skills and small group tactics

- Individual foot work activities
- Based possession activities
- Improving speed play
- Better decision making with & without the ball
- Quick feet, changing directions, explosiveness
- Small sided games

For players born 2018-2011 Players are divided by age and ability.

June 23-26 Mon-Thur 8:30am-12:00pm \$220  
 June 30-July 3 Mon-Thur 8:30am-12:00pm \$220

Location: Buffalo Creek

## 5V5 LEAGUE

### TRAVEL PLAYERS (2017-2008)

- 5 weeks—July 8, July 15, July 22, Jul 29, Aug 5
- One game per week—Tuesdays
- Game times between 5:00pm and 7:30pm
- 2x20min halves
- Location: Buffalo Creek

Fee: \$90.00

### RECREATIONAL PLAYERS (2017-2012)

- 5 weeks—July 10, July 17, July 24, Jul 31, Aug 7
- One game per week—Thursdays
- Game times between 5:00pm and 7:30pm
- 2x20min halves
- Location: Buffalo Creek

Fee: \$90.00

Register Online  
[elasoccer.com](http://elasoccer.com)

# Spring Programs 2025



## SPRING RECREATIONAL LEAGUE

### Kindergarten (U6) - 8th Grade Program

- 8 games on Saturdays. Some double headers, weekday/Sunday games may be played.
- 1 practice per week at the coaches discretion. The day ( Mon/Tues/Thu/Fri) & time (4:30/5:30/6:30) is determined by the coach. If a practice day & time is a priority, then we encourage you to volunteer to coach.

New players are required to purchase a uniform kit (\$65.00). Uniform can be used for multiple seasons.

Fee: \$255

### Under 4 to Under 5 Program

8 one hour sessions on Sundays. Some sessions may run on a Saturday when needed. Designed to introduce the game of soccer, each weekly session begins with 30 minutes of instructional, fun drills taught by ESC staff in group form. Players then split in to their pre-assigned scrimmage teams with a volunteer coach for a 25 minute game. The games are played in a 4v4 format with no goalkeeper.

Each player will receive a team t-shirt

Fee: \$255

## JUNIOR ACADEMY

For U4/U5. Sessions are designed for beginner to advanced Junior players. Focus will be placed on development of basic motor skills and basic soccer skills through creative fun games. 1v1 and small sided games will be played to help players apply the skills learned and to develop team play.

April 9-June 13

**Wednesdays** (Fee: \$160)

**Fridays** (Fee: \$160)

Ages U4 & U5 1:00pm-1:50pm

Ages U4 & U5 10:00am-10:50am

Location: Braemar \*Depending on weather, the first 2 weeks may be held indoors at the Soccerplex\*

## TOTAL SKILLS ACADEMY

Sharpen your skills in a challenging but fun environment with our experienced coaching staff. Designed to foster skill improvement and build player confidence. Players are divided by age & ability within the timeslot

Wednesdays 4/9—5/28

Time slots:

- U6 4:30pm
- 1st Grade 5:30pm
- 2nd & 3rd Grade 5:30pm & 6:30pm (timeslots assigned )
- 4th-8th Grade 6:30pm

Fee: \$140

**Register Online**  
**elasoccer.com**

For more information, contact the Ela Soccer office  
Phone:(847) 726-6909 or email to:  
esc@elasoccer.com or go online: www.elasoccer.com

**Ela Soccer Club**

*Ela Soccer Club is a 501(c)3 not for profit youth soccer organization*