



## High School Prep Defending and Goalkeeper Camp

This camp is provided by PLU players and Staff to help High School aged players prepare for their upcoming season. This camp will provide defenders multiple repetitions with involved coaching to improve the technical, tactical and physical pieces of defending.

**WHEN:** February 20, 21, 22, and 23rd

**WHERE:** Auburn High School

**TIME:** 6:00-7:45 p.m.

**TUITION:** \$65

**FEATURED COACHES:**

Pacific Lutheran University Staff, players and various guest coaches.

Day 1	Day 2
<ul style="list-style-type: none"> <li>• 1V1 and 2V2 defending</li> <li>• Wide Channel Defending</li> <li>• Functional Play of flat 4</li> <li>• Games (Tournament Format)</li> <li>• Speed, Quickness and Agility Training</li> </ul>	<ul style="list-style-type: none"> <li>• 3V3 Defending</li> <li>• Functional Play of back 4 with sweeper</li> <li>• Defending Crosses and Set Pieces</li> <li>• Games (Tournament Format)</li> <li>• Speed, Quickness and Agility Training</li> </ul>
Day 3	Day 4
<ul style="list-style-type: none"> <li>• Large Group Defending</li> <li>• Functional Midfield Defending</li> <li>• Games (Tournament Format)</li> <li>• Speed, Quickness and Agility Training</li> </ul>	<ul style="list-style-type: none"> <li>• 1V1 and 2V2 defending review</li> <li>• Functional Defending of back 3</li> <li>• Small sided games to big Goals</li> <li>• Games (Tournament Finals)</li> <li>• Speed, Quickness and Agility Training</li> </ul>

**Goalkeepers:**

Each camp day the initial 45 minutes will be spent with PLU goalkeeper trainer and PLU goalkeepers working on:

- Technique of: positioning on crosses and shots, 1V1 situations, footwork
- Quickness and Agility
- Core Exercises

You will then join field players for the last 60 minutes. Goalkeeper trainers will continue to focus and work with you on:

- Techniques as they apply to larger game
- Tactical Goalkeeper work as related to big game (positioning, crosses and communication with defenders)



## High School Prep Defending and Goalkeeper Camp

### REGISTRATION FORM (please type or print)

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Parent's Name \_\_\_\_\_

Phone #: Hm \_\_\_\_\_ Wk \_\_\_\_\_

Emergency Contact: Name \_\_\_\_\_ # \_\_\_\_\_

Allergies/Medical Concerns \_\_\_\_\_

High School \_\_\_\_\_ Year \_\_\_\_\_

### Mail Completed form with Check payable to:

PLU Men's Soccer Camps c/o John Yorke  
Athletic Department  
Pacific Lutheran University  
Tacoma, WA 98447

**Deadline: Friday, February 1<sup>st</sup>, 2008**

For questions call Peter Voiles at 253-905-1938 or e-mail at [pvoiles@netzero.net](mailto:pvoiles@netzero.net).

# Pacific Lutheran University Activity Participation & Medical Release Form

In consideration of my application to participate in a voluntary program at Pacific Lutheran University (PLU), I agree to the information below.

I understand that participating in a program at PLU involves risk. These risks are identified in the following categories:

**Learning Environment:** I understand that participating in a learning environment involves some risk. I will be moving from location to location on campus and/or in other locations, and learning within facilities at PLU and/or elsewhere. This involves risks and potential of injury. These risks vary depending on innumerable factors. Injury can occur as a result of equipment failure, weather, acts of other participants or third parties, lack of or improper supervision, or disease. Every type of injury could occur. This may include broken bones, chemical exposure, back or brain damage, death or dismemberment.

**Active Participation:** I understand that part of my experience at PLU may include active participation, athletic or aerobic activity. Participation in these activities requires rigorous exercise under conditions which are sometimes dangerous. Injuries to the participant can occur in many foreseeable and unforeseeable ways. Injuries can occur as a result of: equipment failure, poor surface and/or field conditions, lack of proper supervision and the negligence of other participants (including but not limited to teammates, opponents, spectators, or officiating personnel). They can occur during periods of free time, strength development exercises, during practices or at athletic events themselves. Injuries can occur even if you, your teammates and opponents are physically fit and participating according to the rules of your chosen sport. They can also occur because you, your teammate or opponent is not physically fit or does not abide by the rules. Every type of injury could occur. This may include broken bones, ligament tears, back or brain damage, death or dismemberment.

I wish to participate in the above activity scheduled at Pacific Lutheran University. I am fully aware of the special dangers and risks inherent in participating in the Activity, including physical injury, death, or other consequences arising or resulting from the activity. I agree to accept full responsibility for such risks. I agree to accept responsibility for all implied risks and possible acts of negligence by other persons and/or agents of PLU. I further agree to advise activity planners of any physical or mental limitations I may have. I agree to be fully responsible for my own property and equipment related to this activity. In consideration of my voluntary application and as a requirement to participate in this activity, I hereby release and indemnify Pacific Lutheran University and their staff of any and all liability, claims and causes of actions arising out of or in any way connected with my participation in this activity offered at Pacific Lutheran University. I also agree to allow any medical personnel the opportunity to treat an illness, injury, or any other medical condition. I agree to accept full responsibility for any medical costs which may result from my participation and for any treatment for any injury sustained while taking part in the program. I have read this release and indemnification agreement and understand its meaning. This release is intended to bind by heirs, representatives, successors, assigns and administrators.

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Signature of Parent/Legal Guardian

Date

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Printed Name

Parent or legal guardian must also sign for participants under 18 years of age. Being fully informed of these risks, I hereby consent to the minor participating in the activity.