

# J.GIO GIRLS SUMMER SOCCER CAMP

**3RD GRADE – 8TH GRADE / GIRLS ONLY**

Train hard. Compete. Build confidence. Have fun.



## WHAT THE GIRLS WILL TRAIN

- Ball Control
- First Touch Development
- Foot Skills
- Speed & Agility
- Strength & Conditioning
- Technical Skills
- Small-Sided Games



## CAMP DETAILS

 **4 Hours Per Day**

Girls break for a quick lunch



## JULY CAMPS

**Week 1 - July 6 – July 9**

**Week 2 - July 13 – July 16**

## AUGUST CAMPS

**Week 3 - August 3 – August 6**

**Week 4 - August 10 – August 13**

## CAMP HIGHLIGHTS

- Daily Competitions
- Contest prizes
- Awards
- High energy training
- Tons of touches on the ball
- A fun, motivating environment



**THE CAMP EVERY GIRL TALKS  
ABOUT ALL SUMMER.**

**REGISTER LINK IN BIO / WEBSITE**