



Middle Tennessee Soccer
Camps
Campus Box 463
1672 Greenland Drive
Murfreesboro, TN 37132
080424

Middle Tennessee 2019 Soccer Camps

Girls Team Camp

July 22-25

Ages 12-17

Half Day/Full Day/Overnight

On the campus of MTSU

m tsusoccercamps.com

MTSU SOCCER CAMPS

Middle Tennessee State will host team camp designed exclusively for the female player and her team. Our Girls Team Camp is a positive learning environment in which teams and individual players can improve their overall technical ability and tactical awareness. Our customized training curriculum ensures that all instruction fits the needs of the team and those of the individual player. Teams and individuals can attend camp for half day, full day or stay overnight on campus. Combined with daily games, this proves to be a challenging camp for every team and player.

Tactics - Teams and players are trained both in small group and full sided environments. Most attacking and defending principles are taught in both settings. This allows each player to develop a much better understanding of her role in the team's system of play while imprinting the team play.

Fitness - Players will participate in many small sided games each day thus allowing them to improve their skills under game-like situations. This training regimen builds a fitness base that the individual player would never achieve training alone. Most fitness sessions are done with the ball and additional sessions based on SAQ (Speed, Agility, and Quickness) are also conducted.

Technique - We believe that technique is the foundation of the game. As such, every training session will provide the players with multiple touches on the ball. The first section of every team training session is used to develop the player's technical ability through many and challenging technical drills.

Psychological - Every team and individual player will take part in daily team building activities that helps them to better integrate into their team and enhance the team's chemistry on and off the field. The daily training sessions also serves to assist the team with it's overall focus, concentration, and discipline. Occasionally we will have guest speakers with experience in Sports Psychology at our camps.

Recruiting - Players will participate in our recruiting seminar consisting of a panel of collegiate coaches, college players, and Admissions Counselors. The players and their parents will gain valuable insights into the collegiate soccer recruiting process and the demands of collegiate soccer.

Per NCAA rule, all Middle Tennessee State University (MTSU) and Rhoden Soccer Academy camps/clinics are open to any and all entrants and are only limited by number, age, grade level and/or gender. Also NCAA rules prohibit free or reduce admissions for prospects (9th grade and above) or the payment of any camp expenses (transportation, camp tuition, spending money, etc.) by MTSU boosters. Contact camp officials with any questions.

MIDDLE TENNESSEE STATE SOCCER CAMPS

CAMP DESCRIPTION

The Girls Team Camp features several days of training and games. Unlike other camps, our camp is a fully customized training program for each team and age specific training for the individual player. Each team is assigned a RSA staff coach and will play full-sided and small-sided matches every day, allowing players to improve their skills during games. Each Head Coach, one assistant coach, or Chaperone will receive free room and board at camp if residing on campus with the team. **Each team must have a minimum of 12 players register as a team for camp and can choose to attend camp for Half Day (9a-12p), or Full Day (9AM-4PM) or Overnight.**

Individual players may also attend this camp and will receive similar benefits as teams at camp. Training will be age specific so that the needs of each player will be met.

This camp is designed for any individual female player age 12 or older, high school or middle school teams, and U11-U17 club teams getting ready for the upcoming season or simply wanting to become a better player or team.

CAMP FEATURES

- * Professional and licensed staff
- * An official camp t-shirt
- * Latest in technical & tactical training
- * Air conditioned dorms and quality fields
- * On-site athletic trainer
- * Competitive games
- * Team Building Activities
- * Free Room & Board for Team Coaches



CAMP DIRECTOR-ASTON RHODEN



- * Head Women's Coach, Middle Tennessee
- * USSF National A License
- * NSCAA Premier Diploma
- * NSCAA Goalkeeper Diplomas
- * USSF National Youth License
- * 3x Coach of the Year
- * Former Semi-Professional Player
- * State & Region ODP Coach
- * State Coach Clinician

CAMP STAFF

The strength behind our camps continues to be the expert knowledge, experience and ability of our staff. We continue to utilize a very professional and experienced staff at all our soccer camps and academy. In addition to the MTSU coaching staff, all RSA camps staff consists of nationally licensed collegiate, club coaches from all across the USA and overseas, as well as current MTSU collegiate soccer players. The staff is led by Aston Rhoden, Head Coach at Middle Tennessee State who will ensure each player's development throughout the week of camp.

Past staff coaches included national licensed collegiate coaches and reputable club coaches from Kentucky, Alabama, Tennessee, Texas, Florida, Mississippi, Illinois, and Iowa. Our staff occasionally includes guest strength and conditioning coaches as well as mental skills coaches. All teams are coached by trained professionals and our collegiate players only serve as assistants to the team's assigned RSA staff coach.

HOW TO REGISTER

Online registration is fast, secure, easy, and is the best and most preferred way to register for MSTU Soccer Camps. Register online at:

www.mtsusocccamps.com

FACILITIES & ACCOMMODATIONS

Overnight campers will be housed 2 persons per room in the MTSU dormitories. All dorms are located within a short walk of the fields, and cafeterias. Campers are always under the supervision of counselors and dormitory personnel. We will honor any initial roommate requests whenever possible. If attending camp as a team, then the team coach's roommate assignment will have priority over individual requests.

TYPICAL SCHEDULE

- * Check-in
- * Breakfast
- * Training
- * Lunch (Half Day Campers Depart)
- * Training
- * Dinner (Full Day Campers Depart)
- * Functional Training or Classroom Session
- * Evening Games
- * Team Building
- * Lights Out

CAMP COST

\$385 per person for OVERNIGHT

\$310 per person for FULL DAY (9AM-4PM)

\$170 per person for HALF DAY (9AM-12PM)

Overnight campers cost includes all meals while FULL DAY campers will receive lunch only.

CONTACT INFORMATION

Office.....615-898-5316
Email.....aston@rhodensocceracademy.com
Online.....www.mtsusocccamps.com

Register online at mtsusocccamps.com or contact us at 615-898-5316