

POWERED BY SPIRE

**CHALLENGER**  
SPORTS™

# ELITE CAMPS

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**ADVANCED PLAYER PATHWAYS**



# BE PREPARED. BE SEEN.

## PARENTS WANT THEIR LOCAL CLUBS TO PROVIDE A PATHWAY

Do you lose players to other clubs that parents see as a better college pathway? We can help you with that.

## COLLEGIATE PREPARATION

Learn to train like a Pro, both on and off the field, and be scouted whilst doing it.

## RECRUITMENT EXPOSURE

We offer a pathway to our National ID Combine which is invite only. This provides a chance to be observed by both domestic and international college coaches.



## INNOVATION

There's more it than just training. We include outside partners who provide Sports Psychology and College Planner resources.

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# ELITE CAMPS

Our Elite Camps are highly competitive with specific focus on collegiate preparation and educating our younger players on how to train accordingly.

We offer residential camps at the SPIRE Academy in Ohio which acts as our National Training Center. In summer, the camp typically runs from Sunday to Thursday and is aimed at players aged 13 years+. Occasionally we will offer other overnight camps at Regional Training Centers. Commuter options may sometimes be provided. We also are able to specialized goalkeeper camps too if you there is enough interest in your organization.

Alternatively, we also run day camps for elite players 11 years+ at various Regional Training Centers across North America. Again, these are aimed at players at a



competitive level and will focus on collegiate preparation, including classroom sessions.

Both types of camp are part of our Challenger ID Program, which culminates with an invite only National ID Combine, possible international tour and exposure to be added to our Study and Play program.

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# ELITE CAMPS SCHEDULE

Part of Challenger Pro's Elite Camps offerings and based upon the Post To Post & SoccerPlus curriculum that has helped support advanced players for over a decade in North America.

Learn the expectations needed to transition from a recreational player to a player qualified to compete at the ECNL, ODP and Collegiate levels.

Monday to Friday, 9 AM - 3 PM. Depending on the type of program, a merchandise package may also be included.

## DAY CAMPS

### MONDAY

Time	Activity
8:00 AM	Registration
9:00 AM	Warm up and activation exercise
9:30 AM	Technique of basic striking and shooting techniques
11:00 AM	Break
11:15 AM	Attitude & composure in a game
12:00 PM	Lunch
1:00 PM	Warm up
1:15 PM	Crossing & Finishing
2:30 - 3 PM	Small sided games

### TUESDAY

Time	Activity
9:00 AM	Warm up
9:15 AM	Technique of striking volleys and half-volleys
10:45 AM	Break
11:00 AM	Conditioned games focused on attacking
12:00 PM	Lunch
1:00 PM	Warm up
1:15 - 3 PM	Breakaways & functional play

### WEDNESDAY

Time	Activity
9:00 AM	Warm up
9:15 AM	Technique of striking side-volleys
10:45 AM	Break
11:00 AM	Technical session on serving crosses
12:00 PM	Lunch
1:00 PM	Warm up
1:15 PM	Combining midfield roles
2:30 - 3 PM	11v11 games to identify player positions

### THURSDAY

Time	Activity
9:00 AM	Warm up
9:15 AM	Review all techniques
10:45 AM	Break
11:00 AM	Shielding & separation from the defender
12:00 PM	Lunch
1:00 PM	Warm up
1:15 PM	Functional training
2:30 - 3 PM	Coached games

### FRIDAY

Time	Activity
9:00 AM	Warm up
9:15 AM	Technical defending practice
10:45 AM	Break
11:00 AM	All aspects of tackling
12:00 PM	Lunch
1:00 PM	Warm up
1:15 PM	11v11 Identification of players
2:45 - 3 PM	Closing address & conclusion of camp

## RESIDENTIAL CAMPS

Part of Challenger Pro's Elite Camps offerings and based upon the Post To Post & SoccerPlus curriculum that has helped support advanced players for over a decade in North America.

Learn the expectations needed to compete at the ECNL, ODP and Collegiate levels. Residential Player Pathway, includes full bed, meal plans and classroom sessions.

Registration typically occurs on a Sunday evening and camp will finish on a Thursday afternoon. Depending on the type of program, a merchandise package may also be included.

### SUNDAY

Time	Activity
12:00 PM	Arrive and check-in
2 PM	Introductions & opening field sessions

### SAMPLE DAY (Mon/Wed/Thurs)

Time	Activity
7:00 AM	Wake up & breakfast
8:00 AM	Meet group/instructor
8:30 AM	Gear up/dynamic warm up
8:45 AM	Technical topic of the day
9:30 AM	Technical/tactical training

### SAMPLE DAY CONT.

10:45 AM	Cont. Training or Video Session
11:30 AM	Return to dorms, lunch and rest
12:45 PM	Lecture and/or team building
2:30 PM	Warm up/stretching
3:00 PM	Functional training and technical
4:00 PM	Match-related session
4:30 PM	Cool down/abdominal work
5:00 PM	Dinner
6:15 PM	Meet group/instructor
6:30 PM	Evening Training Game
8:15 PM	Cool down
8:30 PM	Back to dorms for shower
9:00 PM	Evening classroom session
10:30 PM	Lights out

### THURSDAY

Time	Activity
7:00 AM	Wake up & breakfast
8:30 AM	Gear up / dynamic warm up
8:45 AM	Training topic of the day
9:30 AM	Small sided games
10:30 AM	11v11 Games / 1V1 Evaluations
12:00 PM	Closing ceremony / Eat lunch / Campers released and residential campers return to dorm rooms to check out by 2:00 PM

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# ELITE CAMPS CURRICULUM

## FIELD PLAYERS

*Our field player curriculum has been created by experts who understand what it takes to create truly great players on the field.*

*Our expert curriculum has a track record of success for field players and helps players realize their full potential by focusing on their specific position goals.*

### TECHNICAL TRAINING

- Scoring under pressure
- Creating separation
- What surface of the foot to use and when?
- Taking players on, when & how
- Developing a level of comfort with the ball
- Long range shooting, including chipping
- Receiving the ball under pressure
- Precision weighted passing
- Tackling — When to stand, when to go to ground
- Heading for goal & clearances
- Proper warm ups & cool downs
- Defending

### TACTICAL TRAINING

- Developing a soccer mentality
- Attacking & defensive principles
- Creating separation for defenders to enable goal scoring opportunities
- Attacking against one or multiple defenders
- Defending against multiple attackers
- Strategically changing the point of attack
- Breakaway situations
- Developing peripheral vision
- Defensive posture & positioning
- Transition to attack
- Transition to defend
- How to analyze soccer matches
- Runs to create separation
- Classroom video to analyze oneself
- Self-assessment

### PSYCHOLOGICAL

- Motivation
- Leadership
- Character building
- Self-confidence
- Concentration

## GOALKEEPERS

*Our goalkeeper curriculum is no less comprehensive than our field player curriculum, built by top level professionals and continues to bring out the best in players.*

*With a long track record in success, our expert led curriculum is sure to help elevate your player to the next level.*

### TECHNICAL TRAINING

- How to extend and fall, eliminating fear of the ground.
- Basic Handling
- Angle Play / Positioning
- Lateral Mobility
- Footwork
- Catching
- Correct Stance
- Balance
- Injury Prevention
- Breakaways
- Basic understanding of goalkeeper techniques
- Footwork — Balance & Stance
- Set position
- Catching balls within extended reach
- Basic diving — collapse, low, 1v1
- Crosses — Timing, lofted and thrown
- Distribution

### TACTICAL TRAINING

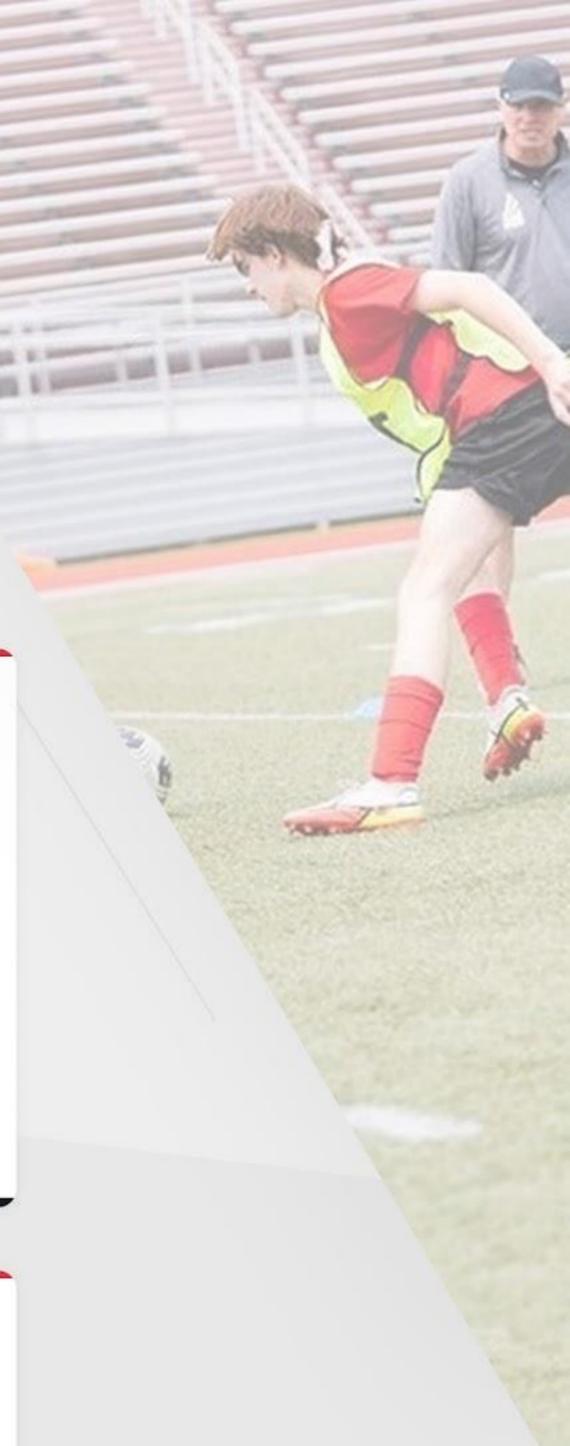
- Role of the goalkeeper
- Play off the goal line to support defenders and stay connected with the team
- Basic angle play
- Short stopping — try to catch the ball as much as possible
- Introduction to game management
- Basic verbal commands and introduction of how to organize defense

### PHYSICAL

- Introduction of mobility, and stretching
- Athleticism and co-ordination

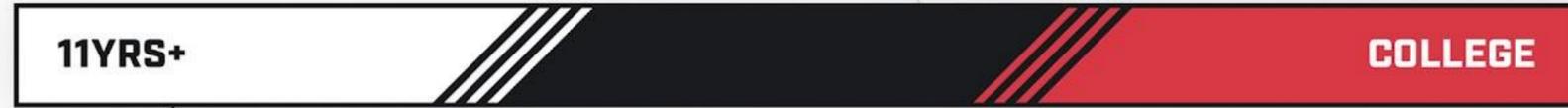
### PSYCHOLOGICAL

- Motivation
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# CHALLENGER ID PROGRAM

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## ELITE CAMPS

NATIONAL TRAINING CENTER @ SPIRE

— OR —

REGIONAL TRAINING CENTERS ACROSS NORTH AMERICA

## CREATIVE SKILLS

3V3 SHOWDOWN REGIONALS

ANNUAL INVITATION ONLY

11YRS+	<b>CREATIVE SKILLS</b> 3V3 SHOWDOWN NATIONALS	
13YRS+	<b>NATIONAL ID COMBINE</b>	
13YRS+	<b>INTERNATIONAL TOUR</b>	
13YRS+	<b>STUDY AND PLAY</b> SPIRE ACADEMY	
17YRS+	<b>STUDY AND PLAY</b> STEVEN GERRARD ACADEMY	



# SPIRE ACADEMY

## FEATURES

- Located in Geneva, Ohio
- Acts as our National Training Center and is the pinnacle of the Challenger Pathway
- 850,000 square feet of Olympic grade facilities over 800 acres
- An 'Olympic Village' Setting
- Indoor and outdoor turf facilities

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SPIRE Academy  
Geneva, OH



- Kitchen, classroom and residential facilities for overnight camps
- 25,000 square feet Performance Training Center
- One of the largest indoor, multi-sport, training and competition facilities in the world

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**QUESTIONS?**

LET US KNOW WHAT YOU NEED  
AND HOW WE CAN HELP



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***FIND OUT MORE***

CHALLENGERSPORTS.COM