

JULY 7 - AUGUST 29 COST: \$275/WEEK

Get Better.

Get Faster.

Get Ahead.

## Why choose ETA Soccer:

EACH DAY INCLUDES:

45 MINUTES OF SPEED, AGILITY & STRENGTH TRAINING - FUN INDIVIDUAL CHALLENGES AND TEAM COMPETITIONS

45 MINUTES OF CARDIO & CONDITIONING - BUILD STAMINA AND ENDURANCE THROUGH FAST-PACED, COMPETITIVE WORKOUTS

45 MINUTES OF SCORING & DEFENDING OBSTACLE CHALLENGES -BOOST TECHNIQUE, FOOT SKILLS, AND DECISION-MAKING UNDER PRESSURE

60 MINUTES SMALL-SIDED GAMES & TACTICAL PLAY - MASTER THE SKILLS AND STRATEGIES THAT MAKE GREAT PLAYERS

PLUS\_

COOL DOWN WITH SPRINKLERS, OLD-SCHOOL BOARD GAMES, KARAGKE COMPETITIONS, AND PRIZESI CAMPERS BUILD SKILLS AND FRIENDSHIPS IN AN ENVIRONMENT THAT'S FUN, CHALLENGING, AND UNFORGETTABLE,

WITH OVER 15 YEARS OF EXPERIENCE COACHING INTRAMURAL, TRAVEL, AND COLLEGE-LEVEL PLAYERS, ETA SOCCER INC. PROVIDES HIGH-QUALITY CREATIVE TRAINING FOR ATHLETES OF ALL AGES AND SKILL LEVELS







DAYS: MONDAYS - FRIDAYS

TIME: 8:30 AM - 12:30 PM

AGES: 5 YRS - 14 YRS

& GREAT PRICE: \$275/WK

ETA Soccer Park
Hawkins Rd & Pond Path
Centereach, NY - (1 minute from Route 347 & Nicols Rd.)

