



BUCKNELL WOMEN'S SOCCER SPRING ID CLINICS

CLINIC I: April 1, 2012

CLINIC II: April 22, 2012

What will be offered?

- Technical, tactical and small sided-training with Bucknell Head Coach Ben Landis and Assistants Stephanie Anderson and Amanda Webb, as well as members of the Bucknell Women's Soccer team
- Soccer-specific speed training to get a feel for a BUWS speed workout
- Question & Answer session: The College Recruiting Process

Who should attend?

- The clinic is open for all soccer players currently in grades 9-12

How do I register?

- By phone: Call (570) 577-1772
- By email: ben.landis@bucknell.edu
- By mail: Complete form below and send it along with a check for \$90 made payable to Bucknell University and mail both to:

Bucknell Women's Soccer
K.L.A.R.C. FH 221
Lewisburg, PA 17837

Cut along this line

Schedule

Check in: 12:00-12:30 PM

Check in will be held at Christy Mathewson Memorial Stadium (field turf surface)

Session 1: 12:30-1:00 PM

Dynamic warm-up and soccer specific speed and agility training

Session 2: 1:00-1:45 PM

Technical session with focus on quality of first touch and distribution. Session 2 will wrap up with small games focusing on possession

Break and Q&A session: 1:45-2:15 PM

Break from training. Questions and answer session with Bucknell coaches and current players regarding the College Recruiting Process

Session 3: 2:15-3:45

Tactical session working on both defensive shape and attacking patterns of play. Building into full-sided 11v11 games

Pick up: 4:00 PM

Pick up at Christy Mathewson Memorial Stadium (same as check in) by an authorized adult

2011 BUCKNELL WOMEN'S SOCCER FALL ID CLINIC REGISTRATION FORM

Circle which clinic you would like to attend: **CLINIC I (4/1/2012)**

CLINIC II (4/22/2012)

Name: _____ Year of HS Grad: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Club Team: _____ Position(s): _____

Adult(s) authorized to pick-up player: _____

Send form, along with \$90 check (payable to Bucknell University Women's Soccer) to
Bucknell Women's Soccer Office at K.L.A.R.C. FH 221 Lewisburg, PA 17837