



# ZONE 1 SUMMER ENGAGEMENT

# SUMMER FREE PLAY NIGHTS

- These will be pick up nights for players to come out and play 3v3 / 4v4 or 5v5 games. Structure and format will be facilitated by Director and Coaches
- JUNE 26th
  - U9-U12 Girls / 5:00pm to 6:00pm
  - U9-U12 Boys / 6:10p to 7:10pm
- JULY 10th
  - U9-U12 Girls / 5:00pm to 6:00pm
  - U9-U12 Boys / 6:10p to 7:10pm
- JULY 17th
  - U9-U12 Girls / 5:00pm to 6:00pm
  - U9-U12 Boys / 6:10p to 7:10pm

**\*\* ALL SESSIONS WILL BE ON FIELD #5 AT JAMES LONG PARK**



# FUTBOL TO WATCH OVER THE SUMMER

## WOMEN'S WORLD CUP:

- July 20th - August 20th (Watch on Fox Sports)
- USA vs Vietnam July 21st 9pm
- USA vs Netherlands July 26th 9pm
- USA vs Portugal August 1st 3am

## MLS GAMES:

- MLS All Star Game July 19th (@ Audi Field)
- Cincinnati vs. New England July 1st 7:30pm
- Atlanta vs Philadelphia July 2nd 4:00pm
- LAFC vs St Louis July 12th 10:30pm
- DC United vs NY Red Bulls August 20th 7:30pm (@ Audi Field)
- Philadelphia Union vs LAFC September 23rd

## USMNT GOLD CUP:

- USA vs Jamaica - June 24th 9:30pm
- USA vs Saint Kitts and Nevis - June 28th 9:30pm
- USA vs Trinidad and Tobago - July 2nd 7pm



# TECHNICAL

## Monday: Move of the Week (15-20 minutes)

- Each week players will be given a different move to practice at home (ex: Scissors, V-Turn, Cruyff)
- Players are encouraged to record themselves practicing the move on their own
- Players can use props such as cones, house hold items or family members to use their move on
- It can finish with scoring a goal of some sort or accelerating into space (Be creative!)
- Recordings can be sent into Miles Rapp at [Mrapp@vsaonline.org](mailto:Mrapp@vsaonline.org) where some will be selected to be posted online



# JUGGLING

## Wednesday: Juggling (15-20 minutes)

- Juggling is a highly beneficial way for players to improve their touch and ball control.
- We want players to designate one day of the week to work solely on juggling and keeping track of their juggling record. This provides simple measurable data for them to challenge themselves on.
- Players will be given different juggling challenges each week to work on their own and compete against themselves
- Players are encouraged to record themselves and we will select winners each week to be recognized for their achievements!



# Agility, Balance, Coordination

Thursday: ABC (15-20 minutes)

- Thursdays will be focused around improving players' coordination and fitness
- Players will be provided with different routines and ideas that incorporate various movements and use of different equipment
  - Agility ladders / Jump roping / Coordination / small hurdles
- We will provide players with tutorial videos to provide movement instructions along with distance and amount of sets.



# SUMMER CAMPS



- Skillz Camp
  - June 26th-30th
- Technical Training Camp
  - July 10th-14th
- Team Camp
  - July 24th-28th



[CLICK HERE TO REGISTER](#)

# MEET THE PLAYER

- We love getting to know our Zone 1 players!
- Players who would like to be showcased will need to answer a few quick questions on the Survey form. Along with an uploaded picture IN VSA GEAR.
- Each week we will post new players on Friday to be introduced to our members!
- [MEET THE PLAYER FORM](#)







**Name: Nick Foglesong**  
**Age Group: Zone 1**

**What teams do you think will be in the women's world cup final?**

- **USA vs ENGLAND**

**If you were animal what animal would you be?**

- **RHINO**

**If you could have a secret passage from your room, where would it go?**

- **CHIPOTLE**

**What is the nicest thing you have done for someone?**

- **I once bought Chipotle for Coach Miles and Coach Lauren when they forgot their wallet**

