



# RISE SOCCER CLUB

TOGETHER WE RISE





## OFF-SEASON PROGRAM

### RISE OFFSEASON PROGRAM - GET AHEAD BY PREPARING

Last summer, our Offseason Program had a whopping 350 players participate. Soccer players require training programs that address all of their needs technically, tactically, athletically and psychologically. The objective of the program is to accelerate overall player development, reduce the chances of injury and increase player motivation. This player centric program is far removed from the competitive season and the stresses of winning and losing so that we can continue to focus on developing well rounded athletes looking to take their game to the next level.

#### BIRTH YEARS

**2013 - 2001:** 5:45pm - 7:15pm

#### LOCATIONS:

South Campus (Central), Meyer Park (Boys only), and Camp Sienna (Southwest)

#### PLAY LEVEL:

Recreational and Competitive Players

#### HERE'S THE DEAL:

**26 sessions** - No protations

**\$300** (\$11.54 per session) - Until May 26 or until we reach the 400 player capacity limit

**\$375** (\$13.46 per session) - From May 27 - June 7

- The RISE Coaching Staff will be present and lead all activities
- Players must bring water, shin guards and flat sole shoes and cleats to every session.
- Activities are subject to change
- GK specific instruction will be provided

**REGISTER TODAY, capacity is LIMITED**



## UNPARALLELED

Our player centric camps focus on accelerating individual technical skills in an unparalleled player environment. Led by our professionally licensed coaches which consists of some of the top and highest licensed youth coaches in the country.

## INNOVATIVE

Private lessons and individual camps can be expensive these days. Many camps offered in Houston last only 3 to 4 days and the fees exceed \$300. The RISE Offseason Program gives you access to an unprecedented 26 days of skill specific training under the guidance of elite level coaches.

## FLEXIBLE

Who wants to spend a longer amount of time driving to a soccer field than actually playing soccer? RISE is your club and our camps are in your community at our beautiful facilities! Take advantage of our unparalleled player environment. With so many sessions available to you and defined rainout days, parents/players have the flexibility to miss a few sessions without significantly impacting the cost structure or developmental aspects of the Offseason Program.

## FAQ'S - YES & NO

- Do I have to play for RISE? **NO**
- Are prorations or per session payments allowed? **NO**
- Do you offer payment plans or refunds? **NO**
- Will there be goalkeeper specific training at all of the camps? **YES**
- Will players be matched with players of equal skill? **YES**
- I missed a pricing breakpoint, can you make an exception? **NO**
- Will the camps be fun with age appropriate activities? **ABSOLUTELY!**
- Will there be any parents involved in the coaching? **NO**
- Will you try to make up rained out sessions? **YES, AS DICTATED IN THE PROGRAMMING**
- If my home facility is closed, can I attend the sessions at another facility? **YES**

## QUESTIONS

### EDDIE EDWARDS

Camp Director - eddie@risesc.org

### ROBERT THURMOND

Registrar - robert@risesc.org



<b>JUNE (12 SESSIONS)</b>	<b>ACTIVITY</b>
<b>MONDAY MOVES: JUNE 10</b>	<b>U7-U10:</b> Ball Mastery and 1v1, Small Sided Games <b>U11-U12:</b> Deceptive Dribbling Moves and Feints to Beat Defenders <b>U13-U18:</b> 1v1 Attacking
<b>TECHNIQUE TUESDAY: JUNE 11</b>	<b>U7-U10:</b> Ball Mastery and 2v1 and 2v2, Small Sided Games <b>U11-U12:</b> Receiving, Improving 1st Touch to Keep Possession <b>U13-U18:</b> RWB-Shooting (RWB-Running with the ball)
<b>WEAK FOOT WEDNESDAY: JUNE 12</b>	<b>U7-U10:</b> Ball Mastery and 3v2, Small Sided Games <b>U11-U12:</b> Passing, Improving Range and Accuracy <b>U13-U18:</b> Turning With The Ball
<b>THROWDOWN THURSDAY: JUNE 13</b>	<b>U7-U10:</b> Ball Mastery, 4v4 and 5v5 Small Sided Games <b>U11-U12:</b> Shooting, Striking Technique to Score Goals <b>U13-U18:</b> Passing and Receiving
<b>RAIN OUT DAY: SATURDAY, JUNE 15</b>	If any session above is rained out, we will make it up here
<b>MONDAY MOVES: JUNE 17</b>	<b>U7-U10:</b> Ball Mastery and 1v1, Small Sided Games <b>U11-U12:</b> Combination Play - Decision Making <b>U13-U18:</b> Crossing and Finishing
<b>TECHNIQUE TUESDAY: JUNE 18</b>	<b>U7-U10:</b> Ball Mastery and 2v1 and 2v2, Small Sided Games <b>U11-U12:</b> 1v1 Attacking - Deceptive Dribbling Moves and Feints <b>U13-U18:</b> 1v1 Defending
<b>WEAK FOOT WEDNESDAY: JUNE 19</b>	<b>U7-U10:</b> Ball Mastery and 3v2, Small Sided Games <b>U11-U12:</b> Ball Control - Improving First Touch To Keep Possession <b>U13-U18:</b> Attacking 1v1
<b>THROWDOWN THURSDAY: JUNE 20</b>	<b>U7-U10:</b> Ball Mastery, 4v4 and 5v5 Small Sided Games <b>U11-U12:</b> Passing - Improving Range And Accuracy <b>U13-U18:</b> Shielding The Ball
<b>RAIN OUT DAY: SATURDAY, JUNE 22</b>	If any session above is rained out, we will make it up here





<b>JUNE (12 SESSIONS)</b>	<b>ACTIVITY</b>
<b>MONDAY MOVES:</b> <b>JUNE 24</b>	<b>U7-U10:</b> Ball Mastery and 1v1 Attacking, Small Sided Games <b>U11-U12:</b> Shooting Striking Technic to Score Goals <b>U13-U18:</b> Attacking Principles 2v1, 3v2, 4v3
<b>TECHNIQUE TUESDAY:</b> <b>JUNE 25</b>	<b>U7-U10:</b> Ball Mastery and 2v1, Small Sided Games <b>U11-U12:</b> Turning <b>U13-U18:</b> Ball Control
<b>WEAK FOOT WEDNESDAY:</b> <b>JUNE 26</b>	<b>U7-U10:</b> Ball Mastery and 3v2, Small Sided Games <b>U11-U12:</b> Deceptive Dribbling Moves and Feints to Beat Defenders <b>U13-U18:</b> Possession
<b>THROWDOWN THURSDAY:</b> <b>JUNE 27</b>	<b>U7-U10:</b> Ball Mastery, 4v4, 5v5, Small Sided Games <b>U11-U12:</b> Receiving, Improving 1st Touch to Keep Possession <b>U13-U18:</b> Combination Play
<b>RAIN OUT DAY:</b> <b>SATURDAY, JUNE 29</b>	If any session above is rained out, we will make it up here
<b>JULY (14 SESSIONS)</b>	<b>ACTIVITY</b>
<b>MONDAY MOVES:</b> <b>JULY 8</b>	<b>U7-U10:</b> Ball Mastery and 1v1, Small Sided Games <b>U11-U12:</b> Attacking Principles: 1v1, 2v1, 3v2, 4v3 <b>U13-U18:</b> Shooting
<b>TECHNIQUE TUESDAY:</b> <b>JULY 9</b>	<b>U7-U10:</b> Ball Mastery and 2v1, Small Sided Games <b>U11-U12:</b> Combination Play <b>U13-U18:</b> Turning with the Ball
<b>WEAK FOOT WEDNESDAY:</b> <b>JULY 10</b>	<b>U7-U10:</b> Ball Mastery, 3v2, Small Sided Games <b>U11-U12:</b> Shooting, Striking Technique to Score Goals <b>U13-U18:</b> Passing and Receiving
<b>THROWDOWN THURSDAY:</b> <b>JULY 11</b>	<b>U7-U10:</b> Ball Mastery and 4v4, 5v5, Small Sided Games <b>U11-U12:</b> Deceptive Dribbling Moves and Feints to Beat Defenders <b>U13-U18:</b> Crossing and Finishing
<b>RAIN OUT DAY:</b> <b>SATURDAY, JULY 13</b>	If any session above is rained out, we will make it up here
<b>MONDAY MOVES:</b> <b>JULY 15</b>	<b>U7-U10:</b> Ball Mastery and 1v1, Small Sided Games <b>U11-U12:</b> Receiving, Improving 1st Touch to Keep Possession <b>U13-U18:</b> 1v1 Defending



JULY (14 SESSIONS)	ACTIVITY
<b>TECHNIQUE TUESDAY:</b> <b>JULY 16</b>	<b>U7-U10:</b> Ball Mastery and 2v1, Small Sided Games <b>U11-U12:</b> Passing, Improving Range and Accuracy <b>U13-U18:</b> 1v1 Attacking
<b>WEAK FOOT WEDNESDAY:</b> <b>JULY 17</b>	<b>U7-U10:</b> Ball Mastery, 3v2, Small Sided Games <b>U11-U12:</b> Shooting, Striking Technique to Score Goals <b>U13-U18:</b> Shielding the Ball
<b>THROWDOWN THURSDAY:</b> <b>JULY 18</b>	<b>U7-U10:</b> Ball Mastery, 4v4, 5v5, Small Sided Games <b>U11-U12:</b> 1v1 Attacking <b>U13-U18:</b> Dribbling
<b>RAIN OUT DAY:</b> <b>SATURDAY, JULY 20</b>	If any session above is rained out, we will make it up here
<b>MONDAY MOVES:</b> <b>JULY 22</b>	<b>U7-U10:</b> Ball Mastery and 1v1, Small Sided Games <b>U11-U12:</b> Attacking Principles: 2v1, 3v2, 4v3 SSG <b>U13-U18:</b> Running with the Ball
<b>TECHNIQUE TUESDAY:</b> <b>JULY 23</b>	<b>U7-U10:</b> Ball Mastery and 2v1, Small Sided Games <b>U11-U12:</b> Deceptive Dribbling Moves and Feints to Beat Defenders <b>U13-U18:</b> Possession
<b>WEAK FOOT WEDNESDAY:</b> <b>JULY 24</b>	<b>U7-U10:</b> Ball Mastery, 4v4 and 5v5, Small Sided Games <b>U11-U12:</b> Receiving, Improving 1st Touch to Keep Possession <b>U13-U18:</b> Combination Play
<b>THROWDOWN THURSDAY:</b> <b>JULY 25</b>	Dutch Style Street Soccer Day - All Ages
<b>MONDAY MOVES:</b> <b>JULY 29</b>	Skills Test - All Ages
<b>WEAK FOOT WEDNESDAY:</b> <b>JULY 31</b>	Skills Test - All Ages