

- CDH Boys Soccer - Competitive Development Camp

Monday, July 11th –
Thursday, July 14th

9:00am-12:00pm M, W, TH
*9:30am-12:30pm on Tuesday
Only*

Open to all Players
Entering Grades 9-
12, Regardless of
School Attended

Wingerd Turf Pitch at Cretin-Derham Hall
550 S Albert St
St Paul, MN 55116

Cost: \$115 Per
Player

This camp is tailored to players competing at a high level of youth soccer or with ambitions to compete at a high level of youth soccer. Raiders Boys Head Coach Carter Albrecht and his staff have designed and will lead the camp in order to:

- 1) Refine technical skills to play at the necessary speed (create technical automatisms)
- 2) Introduce a variety of team tactical concepts to enhance game understanding at the large-scale level
- 3) Teach an understanding of cues the game provides to improve game intelligence and speed of play
- 4) Develop physical capabilities to excel at high levels, specifically: anaerobic threshold, aerobic capacity, core strength, and explosive strength
- 5) Provide opportunities to players to improve their leadership skills and social intelligence
- 6) Create a competitive, growth-orientated mentality in order to continue to grow and persevere



Refunds: 7+ Days Notice: 75%; 0-7 Days Notice: 25%