



Soccer Dieppe Technical Camps

EXCEL CAMP

The Soccer Dieppe Excel camp is tailored for young soccer players who intend to play at the highest level possible or who have the inspiration to play Semi-Professional or university level one day.

Goal of the camp:

Practical and theoretical sessions to work on information gathering and decision making at key moments in the game sequence with the ball and without the ball, as well as the technical skills required to execute the appropriate game choices.

This high performance camp lasts one week and is open to all players from S14 to S17 (born between 2002 and 2005)

Week of the camp :

July 22nd to July 26th

Location of the camp :

Médavie Blue Cross Stadium (Université de Moncton)

Cost :

\$195

Equipement :

Soccer jersey, shorts, socks, shin guards, cleats, running shoes and swimsuit

Example of the course of the camp:

8 am - 8:30 am : Greeting the players

8:30 am - 9 am : Preparation and introduction

9 am – 10 am : Juggling

10 am - 10:15 am : Snack Break

10:15 am - 11:30 am : Dribbling session, 1vs1, finish & reduced-strength match

11: 30 am - 11: 45 am : Cool down

11:45 am - 12 pm : Preparation and walk at the CEPS

12 pm - 12:30: pm : Dinner

12:30 pm - 13:15 pm : Free time

1:15 pm - 2:15 pm: Video Analysis

2:15 pm - 2:30 pm : Walk and preparation

2:45 pm - 4: 15 pm : Swimming pool session

4: 15 pm - 4:45 pm : Group activities and return to calm to end the day of camp

5 pm : End of the day

*** Some changes can be made to this schedule**