

WIN A FREE TRIP TO LONDON FOR AN ARSENAL GAME!

SPACE IS LIMITED!

HOSTED AT
SWEET HOME
HIGH SCHOOL

PEDRO LOSA'S **ELITE**
INTERNATIONAL
EXPERIENCE

PRESENTED BY SWEET HOME ATHLETICS & FC BUFFALO

JOSE GARCIA
ASSISTANT COACH ARSENAL LADIES
UEFA A LICENSE

JUNE 26-29

DAY CAMP:
9 a.m. - 4 p.m.
GRADE: 4-12
COST: \$200

ELITE CAMP:
6 p.m. - 10 p.m.
GRADE 8-12
COST: \$235

PRE-EVALUATION JUNE 25
7-8:30 P.M.

ASK ABOUT GROUP TRAINING!

JUNE 30

POSITION CAMP:
9 a.m. - 1 p.m.
COST: \$150

JULY 1

COACHES SEMINAR:
9 a.m. - 3 p.m.
COST: \$50

PEDRO LOSA
HEAD COACH ARSENAL LADIES
FIFA PRO & UEFA A LICENSE
2016 FA CUP & 2015 CONTINENTAL CUP CHAMPION
3-TIME WOMEN'S LA LIGA CHAMPION
COPA DE LA REINA CHAMPION

REGISTER BY
APRIL 21 & RECEIVE
10% DISCOUNT

T-SHIRT AND BONUS ITEM INCLUDED WITH ALL CAMPS

REGISTER ONLINE: ELITEINTLEXPERIENCE.COM

FOR MORE INFO, CONTACT ELITEINTLEXPERIENCE@GMAIL.COM OR CALL (716) 250-1424

CAMP DETAILS

DAY CAMP

"IMPROVING YOUR GAME" (JUNE 26-29)

- 8:30 a.m.: Registration and players arrival
- 9:00 a.m.: Welcome and video presentation by Coach Pedro M. Losa
- 9:30 a.m.: Technical warm-up, individual technique work. A different topic every day!
- 10:30 a.m.: Specialized fitness (speed, strength, coordination, endurance, power and soccer actions)
- 11:15 a.m.: Break
- 11:30 a.m.: Offensive and defensive concepts (possession, pressing, attacking 1v1, finishing, combination on goal, defending 1v1)
- 12:15 p.m.: Daily competition
- 1:00 p.m.: Lunch
- 2:00 p.m.: Afternoon training
- 4:00 p.m.: Camp conclusion and players pick-up

TRAINING GROUPS

"ONE TEAM, ONE FEELING, TEAM CULTURE" (JUNE 26-29)

Small group training is available daily June 26-29 and will be conducted by Elite International Experience's high-caliber coaching staff. EIE's staff will work with your group to define, focus and work on two specific topics per session. Training is available for groups big and small, just ask for more information! The cost for each training session is \$350 per group.

Sessions will be based on the following structure: (1) Warm up, (2) Analytical Topics, (3) Advanced Topics, (4) Competitive topics and (5) Cool down.

SPECIFIC POSITION CAMP

"THE BEST OF YOU" (JUNE 30)

- 8:30 a.m.: Registration and players arrival
- 9:00 a.m.: Welcome
- 9:15 a.m.: Specific position videos (goalkeepers, defenders, midfielders, strikers)
- 9:30 a.m.: Warm-up
- 10:30 a.m.: Position fundamentals
- 11:30 a.m.: Break
- 11:45 a.m.: Advanced abilities of your position - "Looking for the excellence"
- 12:50 p.m.: Cool Down, Q&A, recap
- 1:00 p.m.: Camp conclusion and players pick-up

ELITE CAMP

"THE SECRET OF SUCCESS IN THE TOP LEVEL" (JUNE 26-29)

- 6:00 p.m.: Registration and players arrival
- 6:15 p.m.: Daily video presentation
- 6:30 p.m.: Warm up and injury prevention routine
- 7:00 p.m.: Individual technique work
- 7:45 p.m.: Defensive and offensive principles
- 8:30 p.m.: Break
- 8:45 p.m.: Specialized fitness (speed, strength, coordination, endurance, power and soccer actions)
- 9:15 p.m.: Daily competition
- 9:50 p.m.: Cool Down, Q&A, recap
- 10:00 p.m.: Camp conclusion and players pick-up

COACHING SEMINAR

"HOW TO BUILD A WINNING TEAM" (JULY 1)

- 8:30 a.m.: Welcome and registration (small breakfast provided)
- 9:00 a.m.: Coaching fundamentals - What it takes to win
- 10:00 a.m.: Coaching Philosophy
- 11:30 a.m.: Q&A
- 12:00 p.m.: Lunch and networking
- 1:00 p.m.: Video session
- 1:45 p.m.: Pitch session
- 3:00 p.m.: Networking

Additional questions?

Please call (716) 250-1424 or email eliteintlexperience@gmail.com



ARSENAL TRIP TERMS AND CONDITIONS: From this camp we will choose ONE player to win an expenses-covered trip to London for a weekend with one of his/her parents to attend to visit Emirates Stadium to watch Arsenal. The trip will include: (1) Return and departure flights for 1 player and 1 parent, (2) accommodations at London Hilton Wembley Hotel, (3) tickets to an Arsenal first team game at the Emirates stadium, (4) transport to and from the airports. Additional costs will be at the expense of the winner. Match date TBD.