

BOCA Summer Camps

Raise the Level



BOCA Soccer (CASA)

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BOCA Soccer(CASA) is dedicated to teaching players to become creative, independent thinkers who will strive to avoid falling into the trap of playing “kick and run” soccer.

www.capitalathletic.com

BOCA Training Camp Schedule

Preseason Training
June 14th— June 17th
U9-U10 Teams

Preseason Training
Feb 24th—Mar 1st
U11-U14 Teams

Intensive Training
TBA
U15-U18 Girls

Intensive Training
TBA
U15-U18 Boys



BOCA Summer Camp Schedule

BOCA Land Park Camp
June 27th—July 1st
5:30-7pm

Advanced Technique
July 11th—15th
8-10am U12-U18

Skills Camp
July 11th—15th
5:30-7:30pm U8-U14



Boca Summer Camps

Berhane Adeberhan (Technical Director)

Brazilian Professional License.
US Soccer 'A' License.
International, collegiate, high school and youth coaching experience. US Soccer Coaching School Instructor.

Brandon Cavitt

NSCAA Premier Diploma.
Played professional soccer in Ireland and USA, for the Sacramento Knights and Scorpions. Played college at Sac State and Sonoma State.

Juan Fresquez

US Soccer 'A' License.
Played for Cal St. Los Angeles. Semi-professional in Greater LA League. College, high school and youth coaching experience.

Jeremy Field

US Soccer 'B' License
Played professional soccer in France for Dijon FC, and for the Sacramento Knights, Sacramento Scorpions and Cleveland Crunch.

College and youth coaching experience.

Tibor Pelle

US Soccer 'B' License

Played for the U20 US National Team, UCLA, and the West in Senior Bowl. College and youth coaching experience.



Chet Grant

US Soccer 'A' License.
Has coached extensively at the youth, adult and collegiate levels. He has served as a coaching instructor for the USYSA Region IV Coaching program and an Olympic Development Coach for the Far West Region.

Melissa Cavitt

NSCAA National and Youth Diploma.
Played for the US U20 National Team, the San Diego Spirit professional team and the University of Portland.
Extensive youth coaching experience

Paul Hansen

US Soccer 'B' License.
Head coach and PE Instructor at American River College. Masters in Physical Education. Played for Cal Poly SLO and Sacramento Knights.
College and youth coaching experience.

Simon Eccles

NSCAA Premier Diploma, US Soccer 'B' License.
Played for the Canadian U19 National Team, Penn State and trained with Aston Villa of the English Premier League
Extensive coaching experience

Jason Wharton

US Soccer 'A' License.
Masters in Physical Education
Played at Sacramento State
Coached Men's and Women's college teams as well as ODP and youth.

BOCA Summer Camps

Three important camps have been planned in June and July. All will be run and coached by the professional staff at Boca.

I. Advanced Technique Camp

This camp is designed for players who are already skilled and playing comfortably at the U12-U18 competitive level. Boca training focuses on skill development to bring out the best in each player. This translates into our teams playing a constructive skill-oriented game.

Technique Under Pressure

This camp is designed to challenge good players to develop even higher skill competencies and the ability to use those skills under pressure. Games and exercises will be designed to maximize the development of specific soccer techniques under pressure.

Functional Training

This type of training is used to improve the specific skills most often required by each player for the position they play in. So players will be placed in the respective areas of the field where they play and coached to improve the various skill sets that are required in that position. As they get comfortable they are made to deal with increasing pressures from opponents.

Functional Games

Small games will be designed to maximize repetition of the specific techniques that are taught in a specific session.

Dates: July 11 – 15

Time: 8:00 am – 10:00 am

Fee: \$ 100

\$50 for current BOCA Players

Larchmont Community Park



II. Boca Land Park Camp

In association with the Land Park Soccer, Boca will be running a skills camp. This camp will focus on fundamental skills as well as tactics.

Technique – dribbling, passing, receiving ground balls, receiving air balls, shooting, heading.

Tactics – beating an opponent, individual defending, small group tactics.

Agility

Team Tactics – support in attack, support in defense.

Games – small sided and full field games

Dates: June 27th – July 1st

Fees: \$100

III. Boca Skills Camp at Larchmont Park

Boca will hold a regular skills camp at Larchmont Park open to players U8 to U14. This camp will cover all aspects of the game, and will concentrate on skills development.

Technique – dribbling, passing, receiving ground balls, receiving air Balls, shooting, heading.

Individual Tactics – dribbling, beating an opponent, individual defending, tackling, blocking.

Team Tactics – small group tactics in attack and defense.

Small Sided Games

Full Field Games

Dates: July 11 – 15

Time: 5:30 pm – 7:00 pm

Fee: \$100

Larchmont Community Park