

**Coerver Center of Excellence
Elite Residential Clinic**

Where: Athletes in Action, Xenia.

When: August 6,7,8th

Why: Elite Residential Camp. For elite level Girls 11-14yrs preparing for their upcoming seasons.

Cost: \$345 Residential

\$250 for Non-Residential, includes lunch and dinner for the weekend

What: Players will get - Challenging Elite Player Coerver® Coaching training

- a Coerver Knapsack with 3 T-shirts,
- Water Bottle
- Super Skills DVD
- Coerver® Coaching Certificate of Attendance.

Discounts: Team Discount. 10% for 8 or more players from same team.

Sibling Discount. 10% sibling discount.

Note. Only one Discount to apply per student.

Residential Clinic Schedule

Fri Aug.6th

2pm-3:45pm Check-in

4pm-6:00pm Coerver Session/Warm up/Speed/ Change of Direction Moves. 1v1/Small Sided Games

6:00pm-7:15pm Break/Dinner

7:30pm-9:00pm Coerver Challenge 5v5 Tournament

9:00pm- 10:30pm Rest/ Fun/Movie and Snack

11:00pm Lights Out

Sat Aug. 7th

7:15am Wake-up

7:30am-8:45am Breakfast

9am-11:30am Coerver Session/Ball Mastery/Speed/1v1 Moves/COD & Stops & Starts/Small Sided Games

11:30am-1:00apm Break and Lunch

1:00pm -3:00pm Coerver Warm up/Speed-Receiving/Passing & Group Play/Finishing/ Small Sided Games

3:00pm-4:30pm Video and Presentation

4:30pm-5:45pm Dinner

6:00pm-8:00pm Coerver 5v5 Tournament

8:00pm-10:30pm Talent Contest/Movie Night and Snack

11:00pm Lights Out

Sun. Aug 8th

7:15am Wake-Up

7:30am-8:45am Breakfast

9am-11:30am Pyramid of Player Development training/Warm Up/Speed/1v1/Group Play.
Finishing/Small Sided Games

11:30am-1:00pm Break and Lunch

1:00pm-2:30pm Coerver Training Session/Group Play/Fast Break Attack/Finishing

2:30pm-3:30pm Break and Pack-up

3:30pm-5:00pm Coerver 5V5 Tournament

5:00pm-5:30pm Closing Ceremonies