



### Introduction

For our 2nd year of summer camps by Premier Soccer Academy, McLean Youth Soccer is offering 9 weeks of extensive soccer programs at the Spring Hill Recreation center new state of the art turf surface and our regular turf surface at Lewinsville Park in McLean.

Premier Soccer Academy strives to make soccer a pleasant, safe and rewarding experience for soccer players on and off the field. The MYS club has a firm belief in the value of sports at the competitive level in promoting the physical, mental and social well-being of dedicated soccer players. PSA summer program will provide the best learning environment, social, and competitive training opportunity for players at every level because it is conducted by what has been widely recognized as the finest professional coaching staff in Northern Virginia.



### Who Should Attend

PSA has age-specific programs from ages U6 through U16; several of the programs offer half- or full-day options to give players choice. Each program features age-appropriate training of soccer skills and a lot of fun. PSA operates under the philosophy that the game of soccer is the best teacher when played in an enjoyable environment. Coaches can enhance the learning process by the choice of activities, lots of encouragement, and a light touch on teaching new skills. Players learn by playing, having fun, and being challenged to try new things.

You do not need to be a member of MYS to attend. New members and non-members are welcome to attend as well. However, if you are a member of MYS, you should register using your normal MYS userID and password.

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McLean Youth Soccer  
P.O. Box 724  
McLean, VA 22101

## Registration

To register for MYS' Premier Soccer Academy Summer Camp please go to:  
[www.mcleansoccer.org/registration](http://www.mcleansoccer.org/registration)

Scroll down to the middle of the page for Summer Registration. MYS recommends you use Internet Explorer as your browser when registering on our web site.



[www.mcleansoccer.org/registration](http://www.mcleansoccer.org/registration)

## SUMMER CAMPS 2009



# Premier Soccer

A C A D E M Y

by  
McLean Youth Soccer



Register by  
April 30 and  
receive a free  
soccer ball!

[www.mcleansoccer.org/registration](http://www.mcleansoccer.org/registration)  
703.506.8068

# Programs

## First Touch - Rising U6 and U7

A FUN introduction to the game of soccer  
Mornings 8.30-10 AM - \$100

- Provides fun, fast-paced, soccer-related games and activities
- Develops motor skills, cognitive abilities and peer relationships
- Builds basic soccer skills
- Develops a love for the game

## Player Development Academy - Rising U8 – U16

Half Day 8:30-11.30AM - \$160 Full Day 8:30-3:30PM - \$240  
Players will be placed into groups of similar age and ability

- Focuses on developing the fundamental skills of soccer
- Teaches foundational skills: dribbling, ball control, turning, shooting and passing
- Varies each day's activities to include many fun and challenging games
- Develops coordination, physical skills and social interaction
- Develops technical skills and tactical knowledge of the game
- Builds advanced foot and upper body skills
- Emphasizes the creativity to beat an opponent
- Teaches advanced shooting, shielding and receiving techniques
- Introduces principles of team play

## MPS Elite Academy - Rising U9-U16

Evenings 6:00-8:30 PM - \$160

This program has been designed for the serious, dedicated MPS player with the desire to improve and progress to the next level. Our curriculum will emphasize ball mastery, 1 v 1 attacking space and defenders, positional play and other technical and tactical aspects of the game that are age appropriate for all MPS players. All four pillars of the game will be

- TECHNICAL TRAINING of the skills required in all phases of the game.
- TACTICAL TRAINING on how to choose which skills to use at the appropriate moment of the game.
- PHYSICAL CONDITIONING of the body in order to be able to physically perform the chosen skill, in the last minute of the game as well as the first.
- PSYCHOLOGICAL TRAINING in order to be mentally prepared before a practice or competition, as well as to be able to get the most afterwards from the experience.

## Goalkeeper Academy - Rising U9-U16

Half Day 8.30-11.30 AM - \$200 Full Day 8.30AM-3.30 PM - \$280

Technical topics covered:

- Low/medium/high diving
- Deflecting and boxing
- Fast footwork
- Ball handling
- Breakaways
- Distribution

Tactical topics covered:

- Angle play/shot stopping
- Breakaways
- Extending the range/reading the game
- Penalty kicks
- Crosses
- Double goal theory

Goalkeepers have the option of specializing in goalkeeping skills by attending the Half Day option, or combining a goalkeeping and field skills program by attending the Full Day option, where field skills will be emphasized in the afternoon. In the modern game, goalkeepers require excellent field skills.

## Program Dates

Premier Soccer Academy camps will run for 9 weeks in 2009, including our new MPS Elite Academy in August. Please check the schedule below to find the available dates for each program.

PROGRAM	June 22-26	June 29 - July 3	July 6-10	July 13-17	July 20-24	July 27-31	Aug 3-7	Aug 10-14	Aug 17-21
Location	SH #2	LP #2	SH #2	SH #2	LP #2	LP #2	SH #2	LP #2	SH #2
First Touch 8.30am-10am • Mornings	✓	✓		✓		✓		✓	
Player Development Academy 8.30-11.30am • Half Day	✓	✓	✓	✓	✓	✓	✓	✓	✓
Player Development Academy 8.30-3.30pm • Full Day	✓		✓		✓		✓	✓	✓
Goalkeeper Academy 8.30-11.30am • Half Day					✓				✓
Goalkeeper Academy 8.30-3.30pm • Full Day					✓				✓
MPS Elite Academy 6pm-8.30pm • Evenings							✓	✓	



## Camp Facilities: LP #2 and SH #2

Lewinsville Park and Spring Hill Recreation Center features Fairfax County's finest state of the art synthetic turf fields. Both locations have a large grove of trees to provide shade on hot days. Coaches will monitor climatic conditions and schedule water breaks as needed.

Lewinsville Park field is located just west of downtown McLean and has easy access to the Dulles Toll Road, Tysons Corner, Rt 123 or George Washington Parkway.

Spring Hill #2 field is located behind the Spring Hill Recreation Center, at the cross section of Spring Hill Road and Lewinsville Road with easy access to the Dulles Toll Road, Tyson's Corner, Route 123 or George Washington Parkway.



# Coaching Staff

PSA camps will be conducted under the direction of Clyde Watson, Trevor Parker and other members of the club's technical staff. These coaches have made great strides in recent years to raise the standards of excellence among the MYS House and Travel programs. A few facts:

- MYS is ranked the #1 club in Virginia by GotSoccer
- In 2008, MYS teams won 3 age groups in the Virginia State cup and 1 Regional championship in Maine. A fourth team lost in the Regional finals.
- The MPS FC Boys were finalists at the 2008 National Championship in Arkansas for the U18 Boys bracket in 2008.
- Soccer America ranks MYS girls as the 7th ranked club in the nation
- The professional coaches conduct the club's U5 program each Saturday and the U9 Academy training program.

## Clyde Watson MYS Technical Director

- 26 years coaching experience
- 12 State Cup titles
- 2 Regional Cup titles
- 1 National Cup title
- Head coach of the MPS Freedom U19 girls
- Assistant coach of the Washington Freedom women's soccer team
- VYSA 1998 Boys Youth "Virginia Coach of the Year"
- NSCAA 2007 Youth Girls "National Coach of the Year"

## Marcelo Valencia Director U9 – U11 girls

- 11 years coaching experience
- 1 State Cup title
- USSF B license, NSCAA Premier license, NSCAA National Youth License
- Former Washington Warthogs professional soccer player
- Athletic Hall of Fame, George Washington University
- Head coach of MPS Titans U13 boys
- Head coach of Potomac High School boy's team

## Bill Delaney Director U9 – U11 boys

- 26 years coaching experience
- 1 State Cup title
- USSF C license, National Youth license
- Assistant men's coach of Marymount University
- Head coach of MPS Fire U9 boys
- VYSA 2007 boys competitive coach of the year

## Jamil Faryadi Director U12 – U14 girls

- 18 years coaching experience
- 6 State Cup titles
- 1 Regional Cup title
- NSCAA Advanced National Diploma, USSF B license, USSF National Youth License
- Head coach of MPS Fury U13 girls
- Head coach of MPS Power U14 girls

## Trevor Parker Director U12 – U14 boys

- 11 years coaching experience
- 1 State Cup title
- 1 Regional Cup title
- NSCAA National Youth license, UEFA B license
- Head coach of MYS Destiny U19 girls
- Head coach of MPS Fire U12 boys

## German Peri Director U15 – U18 boys & girls

- 16 years coaching experience
- 13 State Cup titles
- 1 Regional Cup title
- NSCAA National Youth license
- Head coach of MPS Strikers U15 girls
- Head coach of MPS Celtic U15 boys

## Sean Lanigan Goalkeeping Director

- 20 years coaching experience
- 8 State Cup titles
- 3 Regional Cup titles
- 1 National Cup finalist
- USSF A license, UEFA A license, NSCAA Advanced National diploma, National Youth license
- 1996 Washington Post "All Met Coach of the Year"
- Head coach of MPS 90' U19 boys
- Head coach of Herndon High School