

Sports Quest Team Camp Report

June 20-24, 2005

Five Westside teams participated in a tremendous week of soccer at Bear Creek Park. The Team Camp Curriculum has been designed to address 4 key elements aimed at taking Westside players and teams to a higher level of play.

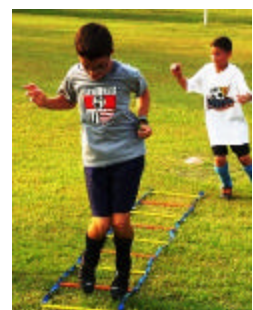
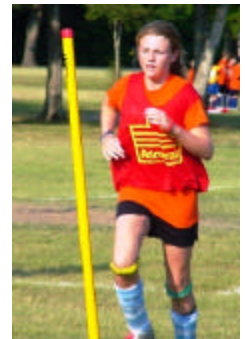
1. Team Warm Up

A standardized pre-game warm up prepares players mentally and physically for the challenges ahead. Sports Quest stressed the need and the methodology of appropriate pre-game activities...



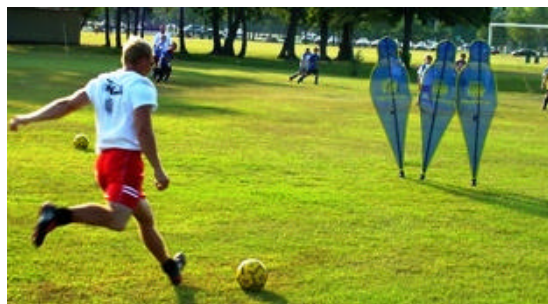
2. Fitness and Agility

The ability to turn, twist, jump and sprint without the ball are key ingredients of successful play at the individual level. Sports Quest incorporated a number of lively exercises to develop this aspect of a player's repertoire. In addition, endurance type activities were performed in order to improve the players' base level of fitness...



3. Set Plays

The key to successful set plays (defending and attacking) is organization. Each player must know his / her responsibility, and must be disciplined in executing their particular role within the team. Corner kicks, free-kicks, goal-kicks, throw-ins, kick-offs and penalty-kicks were all analyzed from an offensive and defensive perspective...



4. Team Play

Considerable time must be spent on making sure the preferred system of play is understood by the players. The Sports Quest Team Camp achieved this in two ways:

- "Chalk-talk": Visually identifying the roles and functions of each position within the team framework using a "chalk-board."



b) Actual game situations in an 11v11 setting over a full-field

The need and ability to make system adjustments during the game (or at half-time) is another important tactical consideration (e.g. to a 4-4-2 or a 4-3-3 system). The Sports Quest Team Camp addressed this both during the games and on the “chalk-board.”



New for 2005!

Jugs Machine

Precision service from corner-kicks, free-kicks, goal-kicks etc. was provided by the state of the arts JUGS MACHINE. This high tech training machine ensures consistent delivery for both attackers and defenders to improve their skills.



Free-Kick Wall



Players enjoyed the opportunity to bend the ball around the free-kick wall. Additionally, teammates were able to rehearse patterns of play from dead ball situations. The wall was also appreciated by the defending team since they were relieved from their defensive duties in the wall!

Resistance Chute (Parachute)

Players were confronted with the task of sprinting over various distances with the Kwik Goal Parachute holding them back! This outstanding piece of equipment is ideal for improving a player's stamina and endurance.



Additional Team Camp Benefits...

Team Spirit

One of the benefits of a Sports Quest Team Camp is the sense of team spirit which develops over the course of five days. Players “get to know” each other during the various training tasks, and an atmosphere of “togetherness” is very evident by the time camp concludes.



Club Camaraderie

Whether a Westside player competes at the U.11 level or the U.18 level, they all belong to the SAME CLUB. Westside Soccer Club and Sports Quest are working very hard to bring the various age groups together, emphasizing the common goal of representing THEIR club to the best of their ability. “Building character on and off the field” remains the thread that unites the Club, and the five teams who attended the Sports Quest Team Camp demonstrated terrific determination, dedication and commitment over the ten hours of camp...Outstanding character qualities!



Thank you to the following coaches and their players for making the week such a terrific success:

Coach Al Beltran... U.11 boys
Coach Deepak Lumba...U.11 Boys
Coach Scott Ledoux...U.14 Girls
Coach Wade Hilty & Jorge Bedoya...U.15 Boys
Coach Mark Scheel...U.18 Boys

2005 Team Camp Testimonials

“Great combination of fitness and game situation exercises. We could see the boys learning and improving as the week progressed. Mark Miller brought excellent discipline and intensity, which is what we will need to be a successful Team.”

Coach Lumba, WSC U11 Boys

“Team camp was beyond my expectations. Unlike “general admission” camps the training was focused and intense and included a lot of tactical drills. The players responded well and got a lot of benefit from the camp. The kids had a great time and enjoyed the skills and fitness. Team camp was excellent value and I appreciate Sports Quest making it available to our team.

Thanks.”

Coach Hilty, WSC U15 Boys

“My new U-18 boys team was made up of a combination of both returning players and new players and I was looking for a way to get them together as a team and get them ready for the upcoming fall season. The Sports Quest camp provided that and much more. They not only grew closer as a team but they learned many valuable skills that I am sure will benefit them next season.”

Coach Scheel, WSC U18 Boys

Team Camps 2005... Available Dates and Times

June 27-July 1 from 9.00-11.00 am

July 5-8 from 6.00-8.00 pm (tentative)

July 11-15 from 9.00-11.00 am

July 11-15 from 6.00-8.00 pm (tentative)

August 1-5 from 9.00-11.00 am

(limited spaces available...call or email for details)

****Each player receives a free Sports Quest T-shirt and soccer ball, as well as other gifts throughout the week.
Participating coaches each receive a Sports Quest T-shirt and soccer ball.***

Individual Camp 2005
August 1-5 from 5.30-8.30 pm

“Building Character On And Off The Field”