



COED PRE-SEASON CONDITIONING CLINIC

August 11th - 15th, 6-8pm

SCOR / FC BOLTS will be offering a 4 day pre season camp to HS soccer players. Players may attend 1 to 4 days.

Monday, August 11th - 6:15-8pm

Wednesday, August 13th - 6:15-8pm

Thursday, August 14th - 6:15-8pm

Friday, August 15th - 6:15-8pm

Benjamin Roach Athletic Field, Hardwick MA

The camp is structured as a 4 day camp with 4 distinct training themes focusing on Ball Mastery, Speed and Agility, Physicality and Endurance, Dribbling Skill and Small Sided Competition. The training is very progressive and intense. Extra water is recommended. Pre conditioning work is required. Minimum some time spent interval running and base agility work 1 week prior to camp.



For information contact: davidnoel@fcgreaterboston.com

