



SHALER AREA GIRLS SOCCER

AUGUST 10 - 14
2:00 - 4:00pm
Shaler H.S.

PRESEASON PREP CAMP

WITH

PITTSBURGH PREMIER

Pro Soccer Training

Professional Playing Experience, Nationally Licensed Coaching



PITTSBURGH PREMIER
Pro Soccer Training

Director Andrew Marshall

8 years professional outdoor playing experience, Pittsburgh Riverhounds, Harrisburg City Islanders, Crystal Palace Baltimore.

2 years professional indoor playing experience Harrisburg Heat, Norfolk Sharx

NSCAA Advanced National Coaching Diploma

College coaching experience, Geneva College, York College of PA, Goucher College

Over 10 years youth coaching experience, beginners through high school aged.

www.PittsburghPremier.com



Owner – Frank Velasquez
Former Strength and Conditioning Coordinator
Pittsburgh Pirates (2003-2011)

Owner – Aimee Slattery
Orthopedic and Sports Medicine Specialist
Former PT with the WWE

Teach “activation” exercises that are important to reduce the risk for injury, strengthening exercises to reduce the risk for concussions, educate on strength training specifically for soccer and sports nutrition.

5 Day Prep Camp in a Professional Environment

- Physical Preparation

- Fitness, agility, balance, speed, injury prevention

- 3 days will include Premier Sports Performance

Training provided by VESLA360

- Technical Preparation

- Individual ball skills, passing, receiving, dribbling, shooting

- Goal Keeper specific training

- Tactical Preparation

- Team and position specific tactics in line with Head Coach’s philosophy

- Game Play

- Daily ‘game-like’ exercises to execute developed skills and tactics

To Register, contact - info@PittsburghPremier.com

Registration Deadline – July 1st \$100 per player