



BENEFITS OF FALL KICKOFF CAMP

-PROPER SKILL DEVELOPMENT
FROM PROFESSIONAL COACHES

-GETTING EXTRA TOUCHES
PRIOR TO THE START OF YOUR
FALL SEASON

-DEVELOP STRONGER
RELATIONSHIPS WITH COACHES
AND PLAYERS

-INCREASE SELF-CONFIDENCE
WITH COACHES THAT INSTILL A
GROWTH MINDSET

***YOU WILL RECEIVE A
IOWA RUSH T-SHIRT
FOR REGISTERING!**

CAMP DETAILS

When

August 5th, 6th, 7th

9:00-11:00 AM

Where

Pella Sports Park

Who: Age Groups

Boys/Girls 5U-8U 9:00-10:00

Boys/Girls 9U-19U 9:00-11:00

Coaches

College/High School/Club

Cost

5U-8U - \$30 (1 hour)

9U-19U - \$60 (2 hour)

Register Online

<https://www.iowarush.com/south-camps>

TECHNICAL FOCUS

Monday

Ball Control/Dribbling/Passing

Tuesday

Striking/Shooting/Finishing

Wednesday

Attacking and Defending

*Goalkeeper Instruction offered
each day of camp

Themed Trainings

Monday - Blue and White

Tuesday - Funky Sock

Wednesday - Jersey

Word of the Day

Monday - Control

Tuesday - Composure

Wednesday - Courage

What to Bring

-Shin guards are required

-Cleats are encouraged

-A ball if you have one

-Water Bottle

***Label all personal belongings**



Iowa Rush South Fall Kickoff Camp

Camp Mission

Our mission is to provide the highest quality of soccer instruction in a safe and fun filled environment through a variety of soccer activities designed to develop the technical, tactical, physical, and psychological aspects of players at all levels.

**PLEASE NOTE THE
FOLLOWING CHANGES
FOR THIS YEARS CAMP**

**-TIME CHANGE
9:00-11:00 AM**

**-LOCATION
PELLA SPORTS PARK**

Camp Schedule

9:00-9:15

Welcome

9:15-10:00

1st Training Session

10:00-10:15

**Water Break with
Player/Coaches Challenges**

10:15-11:00

Small Sided Games

11:00-11:05

Camp Reflection