

# Gunston Soccer Camps



Summer Camp Series  
Grist Mill Park

# Location

Grist Mill Park

Address: 4320 Mount Vernon Memorial

Hwy, Alexandria, VA 22309



# Field Map



# What To Bring

- Cleats + shin guards
- Soccer ball
- Flat Shoes
- Plenty of water
- Snack
- Lunch
- Smile





# Technical Topics / Areas of Focus

- Monday = Dribbling - To keep possession and beat opponent
- Tuesday = Passing and Receiving - To keep possession
- Wednesday = Highball Reception
- Thursday = Finishing - Training the Technique
- Friday = Combination Play (2v1 and 3v2) + GAME DAY
- Please note all drills will be tailored to be age-appropriate and for all skill levels to enjoy



# Daily Schedule (HALF DAY)

- 8:45 AM = Check In Begins / Parent Drop Off
- 9:00 AM = Camp Begins
- 10:30 AM = Snack
- 11:00 AM = Games + Scrimmages
- 12:00 PM = Parent Pick Up



# Daily Schedule (FULL DAY)

- 8:45 AM = Check In Begins / Parent Drop Off
- 9:00 AM = Camp Begins
- 10:30 AM = Snack
- 11:00 AM = Games + Scrimmages
- 12:00 PM = Lunch (please pack your own lunch)
- 1:00 PM = Afternoon Session / Games Begin
- 3:00 PM = Pick Up





# Misc. Information

**Weather Policy:** We will keep an eye on the weather throughout the week and will notify campers via email about cancellations if necessary. We appreciate your understanding that weather is always changing, and we base all of our decisions on the safety of your camper.

Emergency Contact: [dsanford@gunstonsoccer.com](mailto:dsanford@gunstonsoccer.com) (I will have email to my personal phone on at all times)





# THANK YOU



**THANKS FOR YOUR SUPPORT OF GUNSTON SOCCER**

