

Supernova soccer skills camps

Daily schedule

Day 1: Shooting

Learning the proper techniques to keep the ball on target while dealing with different angles of approach to the ball.

Day 2: Dribbling

Learning the mechanics of dribbling using different moves, forward dribbling while changing speed and direction.

Day 3: Passing and receiving

Learning the proper technique and body mechanics of passing and receiving while exploring many ways to control a soccer ball.

Day 4: Turning and shielding

Working on the body position to turn without stopping the ball and learning how to protect the ball under high pressure.

Day 5: Individual and group Defense.

Working on the body position and approach to be an effective defender (1 V 1, 1 V 2, 2 V 3)

Teaching young athletes the fundamental techniques of soccer.

Camp Director: Leo Balbuena



Leo played professionally in Mexico and has coached all level of teams and individuals for more than fifteen years in the US.

He lives in Ashland and holds a national coaching license granted by the US Soccer Federation.

Sessions: June 13th-17th.

July 11th – 15th

Aug: 8th-12th
22nd- 26th

Ages: 7-13 yrs

Cost: \$100 Dollars per session

Where: Lower field at the Middle School from 9a to 12n.

Info. (541) 324-6605 or L_balbuena07@msn.com

Testimonials

- "Coach Leo's advanced understanding of the game helped take my son's soccer to the next level." Jim Hills, Ashland, OR
- "Sam came home SO excited to show us what he had learned each day. My husband, who is a soccer lover, has noticed huge improvements in our son after having worked with Leo." Julie Inada, Ashland, OR
- "Our daughter now has advanced ball skills and an understanding of the game that is very rare in her age group and those skills have allowed her to easily move into select play." Mike and Tracy Wrey, Seattle, WA

Please, call to secure a spot and then send a check to Supernova Soccer Programs at 730 Walnut St, Ashland, OR 97520

Name _____ Age _____ Session: _____

Home phone _____ E-mail address _____

Parents' name and phone # _____ Insurance carrier and policy number _____

As parent/legal guardian, I certify that my child/ward is in good health and able to participate in the Supernova Soccer Programs directed by Leo Balbuena. I authorize all first aid, medical, dental, surgical, diagnosis and hospital procedures as may become necessary for my child/ward while she is participating in the practices or lessons. I hereby for myself, my child/ward and our heirs, executors, administrators and personal representatives, discharge, waive, release, hold harmless and indemnify the Supernova Soccer Programs, agents, employees and volunteers from any and all liability that may arise from said participation, including, but not limited to any injury occurring to my child/ward. I acknowledge that I am responsible for any and all medical expenses due to my child/ward injuries or illness, and hereby assume all risk of injury or loss to which she may be exposed. In the event that the above release does not bind my child/ward, I also agree to indemnify and hold harmless the Supernova Soccer Programs and to assume full responsibility for any medical or other expenses and costs incurred or suffered by my child/ward in connection with her participation in the practices. I understand that no one is authorized by the Supernova Soccer Programs to alter, modify, or waive any of the terms of this agreement in any way.

Parent or legal guardian _____ Date _____