

**LUSC and Director of Coaching Brendan Donahue present:**

## **“LUSC Summer Soccer Clinic”**

**Date:** Monday, July 14<sup>th</sup> to Thursday, July 17<sup>th</sup>  
**Time:** 9:00 am to 1:00 pm  
**Location:** Diamond Middle School  
**Who:** 2<sup>nd</sup> to 8<sup>th</sup> Grade Boys and Girls  
**Cost:** \$150

### **Daily Schedule** (*Flexible to players needs*)

**9:00 to 9:15am**      **Gather & Stretch**

**9:15 to 9:45am**      **Individual Moves**

- Monday- Change of Direction
- Tuesday- Hesitation
- Wednesday- Beating Another Player
- Thursday- Rolling the Ball

**9:45 to 10:45am**      **Circuit Training**

- Shooting Exercises
- Juggling/Soccer Tennis
- Relays/Coordination
- Fun Game (World Cup/2v2/3v3)

**10:45 to 11:15am**      **Snack Break/Popsicles**

**11:15 to 12:00pm**      **Street Soccer (Free Play)**

**12:00 to 12:15pm**      **Daily Tactical Concept**

**12:15 to 12:55pm**      **Game (8v8 max)**

**12:55 to 1:00pm**      **Daily Wrap-up**

### **What to Bring:**

Each clinic participant should bring the following items with the each day:

- Cleats
- Shin Guards
- Properly Inflated Ball
- Snack
- Water Bottle
- Sunscreen

\* Participants will receive a “LUSC Summer Soccer” clinic t-shirt  
*Coach Donahue will be assisted by collegiate players and professionally licensed coaches*

**Note:** This clinic will accommodate players of all abilities. Players will be separated according to ability and preference of coaching style. It will be an all inclusive clinic that promotes soccer in a fun atmosphere that promotes learning the game in a manner appropriate to each players needs.

**Lexington resident that registers by July 1 will be guaranteed a spot.**

### **About the Director**

Coach Donahue became the Director of Coaching for Lexington United Soccer Club on January 1, 2006. Prior to coming to Lexington, Coach Donahue had served as the Acting Men’s Soccer Coach at Northeastern University after having been the first assistant during the most successful period of the programs history.

Coach Donahue, a MYSA Staff coach, holds a USSF “A” license and NSCAA Premier Diploma.

These programs have been well received every season; the following are a few brief testimonials from past attendees.

*We have two kids (11 and 7) at the April Clinic who are beginners, both liked it very much and considered it among best recreation event they have ever been to: well organized, and great coaching.*

*Thanks for the excellent job.*

*-Shuang Deng*

*Our son George V (U12) really enjoyed the clinic and believes that the skills drilled were very productive and useful. The seriousness of the camp and coaches is greatly appreciated. And in addition to the skills learned, he had a "blast".*

*Maria Velonias*

*Excellent program. I was really impressed that the players were kept so busy doing fun activities that improved their skills. My child enjoyed himself and was unperturbed by the 4 hour sessions.*

*Pamela Tomic*