About the Camp
In The Net has partnered with the Philadelphia Union Youth Academy to bring some of the best minds in soccer to Central PA. The Philadelphia Union coaches and instructors will provide invaluable skills and lessons to your athletes throughout our 4-day camp.

Camp Location
In The Net Sports Complex
798 Airport Road
Palmyra, PA 17078

Contact Us
Brad Frye
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Web: www.inthenet.com

2020 SOCCER CAMPS HOSTED BY PHILADELPHIA UNION
June 22 – 25
9 AM – 3 PM
Daily Camp Schedule

- 8:45 Arrival – First Day only for Check-In
- 9:00 - 9:45: Speed, Strength, and Agility Session Run by Power Train
- 10:00 – 11:30: Technical Session
- 11:30 – 12:00: Stretching and Flexibility Session
- 12:00 – 12:45: Lunch Break
- 12:45 – 2:30: Tactical Session
- 2:30 – 3:00: Small Sided Games

Camp Basics and Information

Registration: To register, visit www.inthenet.com
Camp Cost: $250 (Includes Camp T-Shirt and Ball) / Multi-Camper Discounts
Camp Information: Open to Boys and Girls / Ages 9-14 Years Old

Our Daily Camp Curriculum

- Monday: Fakes and Feints, 1 V 1 Attacking, and Individual Defending
- Tuesday: Shooting for Power and Placement, Spatial Awareness, Speed of Play
- Wednesday: Combination Play, Third Man Combinations, and Off-Ball Movement
- Thursday: Crossing and Finishing, Timing of Runs