



ETP TRAINING SYSTEMS

STRENGTH AND CONDITIONING WITH PJ RAGONE

Pittsgrove Soccer Speed and Agility Camp
Green Branch Park

299 Upper Neck Rd. Elmer, NJ 08319



Camp starts July 7th
Ends July 30th

PROGRAM OF TRAINING:



COORDINATION AND BODY AWARENESS

Drills to enhance movements in relation to space, objects, player, and boundaries



TECHNICAL DEVELOPMENT

Interactive drills to enhance skill acquisition, technique refinement, consistency, and adaptation



MOVEMENT SYNCHRONIZATION

Drills and interactive activities focusing on timing, rhythm, and control



STRENGTH AND POWER

Training to create and and develop the ability to exert force quickly and safely



Our development camp is designed to give your child the essential groundwork they need to grow with confidence, develop their skills, and thrive in their sport and athletic career!



REGISTRATION IS OPEN!

CAMP DETAILS:

- 12 spots available
- Registration closes June 30th
- Ages 7-11 from 5:00pm - 6:30pm
- Ages 12+ from 6:30pm - 8:00pm
- Camp starts July 7th, every Monday and Wednesday



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