

PRINCETON UNIVERSITY

GIRLS SOCCER CAMPS

Girls Soccer College ID Camp

June 14, 2024

Fee includes instruction, lunch and a camp t-shirt. Participants will need to be dropped off and picked up on the day of the camp. Hotels and travel arrangements are not provided. Participants will need to secure their own overnight accommodations (if needed).

The Princeton University Girls Soccer College ID Camp will offer the opportunity for middle school and high school players (entering grades 8-12 in September 2024) a one-day curriculum directed by Head Coach, Sean Driscoll, and staff (as well as guest coaches from local colleges and clubs). The coaching staff will expose players to the training methods and activities utilized by the Princeton Women's Soccer Team. Activities will address both the technical and tactical demands of the college game and provide players an opportunity to showcase their abilities in challenging soccer environments. Separate goalkeeper training will be available and is directed by Princeton's goalkeeper coach.

Friday, June 14, 2024

8:30a | Check-In at White Peff Field
9:00a | Stadium Tour / Q&A
9:45a | Camp Welcome and Intro
10:05a | Warm-Up
10:25a | Session 1
10:50a | Session 2
11:15a | Session 3
11:45a | 8 v 8
1:15p | Lunch
2:00p | Campus Tour
3:15p | Warm-Up
3:30p | 11 v 11
5:00p | Check-Out at White Peff Field

Girls Soccer Residential ID Camp

July 19/20, 2024

Fee includes instruction, meals, housing and a camp t-shirt.

The Princeton University Girls Soccer Residential ID Camp will provide the opportunity for middle school and high school players (entering grades 8-12 in September 2024) a two-day curriculum directed by Head Coach, Sean Driscoll, and staff (as well as guest coaches from local colleges and clubs). The coaching staff will expose players to the training methods and activities utilized by the Princeton Women's Soccer Team. Activities will address both the technical and tactical demands of the college game and provide players an opportunity to showcase their abilities in challenging soccer environments. Separate goalkeeper training will be available and is directed by Princeton's goalkeeper coach.

Friday, July 19, 2024

- 8:30a | Check-In at Baker Rink
- 9:30a | Orientation at White Peff Field
- 10:00a | Morning Session – Stations / Small Sided Games / Goal Keeper Training
- 11:45a | Lunch
- 2:00p | Afternoon Session – Soccer Tennis / Target Shooting / Horseshoes / Cross & Finish
- 5:00p | Dinner
- 6:30p | Evening Session – 11 v 11 Games / Campus Tour

Saturday, July 20, 2024

- 7:30a | Breakfast
- 9:15a | Morning Session – Training Session / Goal Keeper Training
- 11:00a | Q & A
- 12:00p | Lunch
- 2:00p | Afternoon Session – Games
- 4:00p | Check-Out