



## *Academy Overview*

The Midwest College Soccer Tour's goal is to educate, promote, and stimulate interest in the game of soccer. We will be providing well-rounded camps that will be beneficial for players of all ability levels. Our staff is composed of some of the top college players from the NCAA and NAIA in the region.

### **The older divisions of players will be learning things such as:**

- **Attacking Tactics** – crossing into the “Prime Scoring Area”, making the correct run, shooting at the correct post, using deception to score, converting break-aways, changing speed and direction when dribbling, combination play, making 2<sup>nd</sup> and 3<sup>rd</sup> runs in the box, how and when to use volleys, and timing runs
- **Defending Tactics** – the “Pressure, Cover, Balance” system, defending in 1v1 situations, team defense, heading away from pressure, creating a wall to defend free kicks, defending on a break-away, goalkeeping (for goalies only) in a break-away situation and in a free kick situation, forcing the attacker toward help, and applying different levels of pressure
- **Technical Skills** – the “MCS Quick Touch System,” passing accuracy, shooting technique, shooting accuracy, bending balls, heading at the goal, vision of the field around you, trapping, first touch, touches with the inside, outside, and laces of the foot, 1v1 moves, and putting the correct weight on your pass and shot
- **Fun** – compete against other players on the MCS Tour in competitions such as the “Dead-Eye Competition” and the “MCS Speed Course” (leaders posted online at [mctour.com](http://mctour.com)), games such as “3v3 Madness”, “The King” 1v1 competition, and various other games, opportunities to scrimmage with the college players, chances to win prizes and earn awards

### **The younger divisions of players will be learning things such as:**

- **Attacking** – dribbling techniques, ball control, passing techniques, shooting techniques, playing with both feet, when to shoot, shooting at the correct post, converting break-aways, changing speed and direction when dribbling, heading techniques, attacking together, staying in position, and following shots
- **Defending** – defending in 1v1 situations, team defense, defending on a break-away, team

defense, goalkeeping (for goalies only) in a break-away situation and in a free kick situation, and more goalkeeping techniques

- **Skills** – passing accuracy, shooting accuracy, dribbling with your head up, trapping, first touch, touches with the inside, outside, and laces of the foot, fair play, sportsmanship, and attitude
- **Fun** – compete against other players on the MCS Tour in competitions such as the “Dead-Eye Competition” and the “MCS Speed Course” (leaders posted online at [mcstour.com](http://mcstour.com)), games such as “Keeper Wars”, “The King” 1v1 competition, “Sharks”, “Crabs”, and various other games, opportunities to scrimmage with the college players, chances to win prizes and earn awards