

+ ONE

“Fail to Prepare, Prepare to Fail”

+ ONE skills clinics and schools are designed for young athletes looking to excel in their given sport. The philosophy behind +One is that there is always something more you can do to improve your game. Our Clinics will provide each player with the individual skill-sets necessary to achieve success and stand out at any level.

2010 Summer Skills Clinic - Bel Air, MD

Our Skills Clinic is an excellent way for players of all abilities to vastly improve their individual game. During each session players will be put through a series of drills and movements incorporated by the top European teams to sharpen all aspects of their game. Our goal is to instill basic individual techniques and skills that are essential to any player's success on the field. We also look to develop more advanced skills - skills that separate great players from the mere average. Each session will be geared toward a specific skill set such as 1st touch, dribbling, finishing, passing, etc. Coaches will ensure that every player receives personal attention focused solely on that player's needs and ability. Players will leave each session with both an improved ability on the ball and greater confidence in their game guaranteed.

Professional Staff:

Sessions will be headed by former European professional player **Jameson Wunsch**. Coach Wunsch brings a wealth of playing experience to +ONE. During his collegiate career at **Princeton University** Wunsch started every game over his four years and was a 3 time All-Ivy Selection as well as a 2 time All Northeast Region Selection. During this time Wunsch also travelled extensively with the **Region 1 team**. From 2006 – 2009 he played in Ireland's Premier Division with both Cobh Ramblers and Limerick Football Club. He spent a total of 3 years playing professionally overseas, returning to the U.S. in July 2009 due to injury.

Wade McHugh - Wade has been a starter on **Loyola University's** soccer team since arriving there in 2007. Currently a senior at the University, Wade has played an integral part in the teams' success over the past 3 seasons (3 NCAA tournament appearances in the past 3 years). Wade has prior playing experience with both the **National Team** and **Region 1 Team**.

Age Group: Level 1 (Ages 8 - 12)
Level 2 (Ages 12 - 16)

Dates:

Class	Date	Time	June
Level 1	Sunday	10:00 - 12:00	6 th , 13 th , 20 th , 27 th
Level 2	Friday	6:00 - 8:00	4 th , 11 th , 18 th , 25 th

Tentative Schedule:

Week 1: 1st Touch, Foot skills

Week 2: Passing, Attacking

Week 3: Finishing, 1 V 1

Week 4: Skills Competition

Location: Cedar Lane Regional Park
1100 Cedar Lane
Bel Air, MD, 21015

Fee: The fee for all four sessions is \$80. While players are encouraged to attend all four sessions, it is possible to attend on a per session basis at a fee of \$25 per session.

Equipment: Players are asked to provide their own ball and water bottle for sessions. Balls will be provided for those in need.

*All sessions cancelled due to inclement weather will be made up at the nearest possible date.

For questions please contact Jame Wunsch at PlusOneClinics@gmail.com or call 919-649-1851. Private lessons also available.