



MUSC Modern Soccer School Summer Camps schedule 2026

Caswell Soccer Complex, North Mankato

Master the Fundamentals/Elevate Your Performance

Camp #1

Youth Development camp

June 1 - June 5, 2026

⚽ for U6–U12 recreational & competitive players (boys and girls)

Each session will begin with a structured arrival activity, followed by agility and speed work—both with and without the ball. From there, players will move on to the main topic of the day, delivered in a circuit-style format to ensure constant engagement and no downtime. We finish every session with small-sided games, where players can apply what they've learned in realistic match situations.

- U6–U10: 9:00–10:15 AM Cost:\$150
- U11–U12: 9:00–10:30 AM Cost:\$160

Camp #2

Game Fitness camp

June 8 - June 12, 2026

⚽ for U13-U18 competitive and elite players (boys and girls)

- U13+ 9:00–10:30 AM Cost:\$180

As we move into the season, one area we consistently look to improve is the players' ability to perform at a high level for the full game.

Game Fitness in soccer is not about running laps. It is about repeating actions, recovering quickly, and making good decisions under pressure. focused on building match fitness in a way that directly connects to the game. Players who are serious about improving their performance during games will benefit most from this camp.

A positive and enjoyable yet challenging experience

Camp #3

Position-Specific camp

June 22- June 26, 2026

 **for U13-U18 competitive and elite players (boys and girls)**

- U13+ 9:00–11:30 AM Cost: \$250

This focused program is designed for U13–U18 players looking to sharpen their skills in their specific position, whether defending, creating, or finishing. Each session targets the technical, tactical, and physical demands of your role.

Ideal for serious players aiming to elevate their performance through consistent, position-specific training.

Camp # 4

Advanced Game Intelligence Camp

July 6 - July 10, 2026

 **for U9- U12 competitive players (boys and girls)**

- U9-U12 9:00–10:30 AM Cost:\$160

At these ages, the difference is no longer only technical. The next step is decision-making—when to pass, when to dribble, where to move, and how to read the game before the ball arrives. Throughout the week, players will work on: Awareness and scanning before receiving, Decision-making under pressure, and Movement off the ball to support teammates. Understanding simple game situations (attacking and defending). Playing with purpose, not just effort.

A positive and enjoyable yet challenging experience

Camp # 5

High School Prep-Camp

July 20–24, 2026

- Ages U14-U18 9:00-11:00 am cost: \$ 200

Preparing soccer players for high school and college preseason training camp. Focusing not just technically, but tactically, physically, and psychologically. This 2-hour session puts an intense focus on skills with the ball, and off the ball in the 4 moments of the game (with the ball, transition into defending, without the ball, defending, transition into attack)

GoalKeepers camp #6

Goalkeepers' training camp

(All levels of players)

- U9-U12 June 1-5, 2026 9:00–10:00 AM cost: \$ 160
- U13-18 June 8-12, 2026 9:00-10:00 AM cost:\$160

Goalkeeper Camp – Led by Sulemana Abu

Former Ghana National Team and Professional Goalkeeper

*This specialized camp provides foundational goalkeeper training across the four key pillars of development: **Technical, Tactical, Physical, and Psychological**. Sessions will cover essential skills such as ball handling, diving, shot stopping, and dealing with crosses, alongside tactical elements like positioning, angle management, and distribution to initiate play.*

We hope to see you there.

A positive and enjoyable yet challenging experience