

San Diego Skills and Drills Clinic



*****Attention Club coaches*****

We are hosting a clinic for the High School Class of 2019, who would like to be seen by College Coaches. There will be over 20 college coaches in attendance. These clinics will be both held at Granite Hills High School on July 2nd 2018; Boys Clinic 7:30am-12:30pm, Girls Clinic 12:00pm-5:00pm

The showcase will be a chance for college coaches to see you train and play as well as an opportunity for you to meet them and talk to them in person about what it will take to become a collegiate athlete. You will receive materials that will give you a leg up on other athletes and help you gain opportunities to keep playing the sport you love.

*****Pre-registration is mandatory.** This will be on a first come first serve basis. Please e-mail Ian right away as to your interest so we can save you a spot. sdskillsanddrills@gmail.com

Cost: \$325.00 per athlete with enrollment to be capped at no more than 65 athletes per gender. Please pay online by credit card

What:

This will be a skills and drills clinic with some sport specific testing and logging of times.

Each athlete will be given a cap with a specific number so the coaches can tell who is who. They will wear this cap throughout the training.

We will warm-up and then go right into testing their swimming. Tests to be performed will include but not be limited to the following.

- 50 yard head up free sprint two to two.
- 25 yard goal face to goal face head up sprint dribble
- Step leg rise ups to gauge leg, core strength and balance
- 20 seconds over the hips drilling over a 10 foot space x 2 to measure balance, explosion, core strength and mobility.
- Lunging, Jumping and water polo specific drills to measure change of direction, agility and explosion.
- Game specific and situational passing and shooting drills.
- Full scrimmages.
- Goalie specific testing and drilling.

The clinic will last four to five hours and after it finishes, since it is after July 1st, you will be able to speak to the College Coaches about the possibilities you may have in the future.

Sincerely,
Doug Peabody

