



Dutch / FC Barcelona (the BEST in Europe) Regional Training Concept by Frans Hoek Sports & Z Soccer

The Aim of the Dutch/ FC Barcelona Regional Training Concept (DRTC) is to bring the best parts of European Youth Soccer Education and Training to the United States. The Hoek Vision and Method is a comprehensive program based on the best aspects of the Dutch (Ajax-PSV-etc. and the National team) and FC Barcelona and adapted to best fit the needs of the U.S. game.

This unique concept is ideal for:

- players • goalkeepers • teams • coaches and directors



MARK YOUR CALENDARS!
For camps in Northern California/Nevada:

June 21 - 25, 2010
Region 7/8 - Fresno
Region 7/8 - Modesto Area
Region 6 - Sacramento

June 28 - July 2, 2010
Region 3 - Tri Valley Area
Region 2 - Redwood City
Region 4 - Berkeley

July 5 - 9, 2010
Nevada - Reno / Sparks
Region 2 - Redwood City
Region 5 - Sonoma State University

5 Day Training Program • Monday - Friday
9am – 12pm • Stage 1 –
Mastery of the Ball, Goalkeeping and Scoring
1pm – 4pm • Stage 2 –
Playing together 2 versus 1 – 8 versus 8,
Scoring and Goalkeeping
9am – 4pm – Full Day Program
Coaches Education Sessions each night!

Program will include a DRTC T-shirt and report card for each participant.
*Friday will be a shorter program - 9:00 - 11:00; 12:00 - 2:00pm or 9am - 2:00pm

**6th annual Frans Hoek Residential
Training Camp at Sonoma State University**
July 5 - 9, 2010 • U8 - U18 boys and girls
go to www.sonomaseawolves.com/hoekcamp
for information or to register

DRTC Stages of Youth Soccer Development
The staff coaches follow an age specific curriculum within each of the following stages of development.

Stage 1 of Development –

Mastery of the Ball and Dominating the 1 versus 1

Stage 2 of Development –

Playing Together – 2 versus 1 through 8 versus 8

Stage 3 of Development –

Playing in the Team System 1:4:3:3 (1:3:4:3) in all variations and against different systems of play (1:4:4:2, 1:4:2:3:1, 1:3:5:2)

**Stage 3 will only be possible within the DRTC Team Concept and for teams U13 / U14 and older.



Frans Hoek is the former assistant coach of:
AJAX, FC Barcelona, Dutch National Team, Polish National Team
Currently works with: KNVB-UEFA-FIFA

FOR INFORMATION go to
www.ziemer.com or call 707-585-7800

