

Frans Hoek

2006 Goal Keeper, Player and Team Residential Training Camps

Providing Top Level Soccer Instruction for Players, Teams and Coaches



Sonoma State University - June 18-22, 2006



Where: Sonoma State University -
Rohnert Park, California
When: June 18th - 22nd, 2006
Ages: 8 to 18 years old (Boys & Girls)



Tuition:

Residential Campers *

\$695 - Regular Price Residential Camper

\$575 - Team Discount - 14 + or more players

\$595 - Early Bird Discount - before 4/22/06, and returning campers

\$625 - Team/Group Discount - 6 + up to 13 players

\$645 - Early Bird Discount - before 5/1/06 \$725 - late price after 6/1/06

TEAM: \$575 (minimum 14 players) - Coach attends free with 14 players - See team page.

CLUB DISCOUNTS AVAILABLE - CALL OR EMAIL FOR DETAILS!

Commuter Campers**

\$525 - Regular Price Commuter Camper

\$425 - Team Discount - 14 + or more players

\$450 - Early Bird Discount - before 4/22/06, and returning campers (\$75 off)

\$475 - Team/Group Discount - 6 + up to 13 players

\$495 - Early Bird Discount - before 5/1/06

\$555 - late price after 6/1/06

*Residential Tuition includes: Room & Board, Ball, T-shirt, Hoek certificate & evaluation.

**Commuters tuition includes lunch and dinner, Ball, T-shirt, Hoek certificate & evaluation.

For more information visit SSU Soccer at www.sonomastatesoccer.com

Or contact Josh Schelhorse at soccer@sonoma.edu

You can register online or call the SSU Soccer Office (707)-664-3195 x2.

**Early Bird
Residential Special - Register by 4/22/06 for \$595
Commuter Special - Register by 4/22/06 for \$450**



www.sonomastatesoccer.com

2002 NCAA Division II Men's Soccer National Champions

www.sonomastatesoccer.com

Why attend a Hoek Training Camp....? To learn Voetbal of Course!

To play attacking soccer!

In the soccer world countries are known for their style of play. Mention Brazil - the flowing style of soccer comes to mind. Mention Italy - their stifling defense. Mention Germany - discipline and will to win. Mention Holland - passing, attacking and entertainment comes to mind. This is their strength and the Hoek Methods focus.



To train your attacking skills!

Of the clubs playing attacking soccer Ajax Amsterdam, and FC Barcelona stand out above the rest. These clubs are known throughout the world for playing creative, attacking soccer based on a combination of passing and possession, and brilliant individualism. The Hoek Method combines many of these drills.



To Learn to Read the Game!

Clubs the world over like American Players. However they believe our players lack insight. Insight is the ability to read the game. The Dutch are known for developing creative intelligent soccer players. This is what allows such a small country to compete at the highest level in the world - both with club teams and their National Team. This is the Hoek Method!



To Train in a Professional Environment with Top Coaches!

There are a few clubs known for developing youth players into world stars. Of these Ajax, Barca and PSV are in the top tier of clubs constantly promoting players to their 1st teams. Director Frans Hoek coached at Ajax and Barca in the youth and with the professional teams. His staff includes coaches from Ajax, PSV, Barcelona and many other top clubs.



Hello Soccer Players,

I am very pleased and excited to invite you to the “Hoek Method” Player/Goalkeeper Camps..... with Frans Hoek! We have hosted Frans for over 10 years now. Year after year between 150 to 250 players are exposed to the top level training program, the Hoek Method and his staff from Holland.

Frans Hoek is currently working for KNVB (Royal Dutch Soccer Federation), UEFA (European governing soccer body), and he is a member of the panel of coaches, instructors and lectures for FIFA (Federation International of Football Association).

Frans is considered one of the top coaches in the WORLD and the top Goalkeeper coach in the world. He began coaching for Ajax Amsterdam 20 years ago. Frans helped developed the youth program at AJAX Amsterdam and FC Barcelona both considered two of the premier youth development programs in the world. He was recently hired by the English Premier League to give a demo and clinic for all the EPL clubs at the grounds of Manchester United and Arsenal.

Frans has taken the best aspects of AJAX Amsterdam, FC Barcelona & KNVB (Dutch Royal Soccer Federation) & developed the Hoek Method. This method is designed to teach players in different levels. Frans has hand picked his staff to gather a unique blend of coaches working at every level of soccer youth, amateur and professional soccer. He has trained them in the Hoek Method to prepare them to help you develop your technique, insight, personality and speed.



An example of the Hoek staff is Pepijn Lijnders who is back for his second year. Pepijn is PSV Eindhoven's Technical Coach for U8 - Professional Players. While working for PSV Pepijn has a specific job - turn the youngsters into ball masters and sharpen the professionals dribbling skills. He is rapidly becoming one of the most sought after technical coaches in Holland.



In addition to helping you develop your soccer skills your attendance helps the SSU Mens Soccer Program. The money we fundraise from this camp and a few other events helps fund our teams travel and our scholarship program. We appreciate your assistance and guarantee you will find your soccer experience helpful to your play.

Don't miss your chance to learn from the best in the World!

Thanks - Marcus Ziemer - Sonoma State University Mens Soccer Head

Coach



www.sonomastatesoccer.com

Hello Goal Keepers,

Come train, live and be guided as a real professional goalkeeper.

If you want to train and live like a real pro and learn the ins and outs of goal keeping, defending, mid-field play and attacking, then you'll be in good hands at Frans Hoek Sports **Goal Keeping and Players Camp 2006 at Sonoma State University.**

The modern game of soccer is quickly changing, which particularly influences goalkeepers. The Frans Hoek Vision and Method reacts, when possibly even faster to these changes resulting in an "up to date \ method and anticipates on all these changes ensuring goalkeepers are not faced with surprises.

I am proud that we can offer a complete program for goalkeepers and field players adapted to all ages and levels. My program is recognized by national and international soccer associations, such as: the KNVB, the UEFA and FIFA. Of course I am unable to train every participant personally. I therefore educated a national and international respected group of licensed and qualified coaches primarily selected from Holland. Only the best coaches are good enough to work with you. I welcome you to join our 2006 Goalkeeping camp at beautiful Sonoma State University in Rohnert Park, California.

Before you register for our training camps I encourage you to look at the Hoek Method Goal Keeping and Player Program Philosophy on pages 6 - 10. I am certain you will find it presents you with a **unique, top level soccer training opportunity unmatched by anyone else** this summer.

Until this summer - Frans Hoek



www.sonomastatesoccer.com

The Hoek Method

Learning to Play Soccer as a player or as a goal keeper, and as a team.

The Three Phases of Development until the 11v11

The "Natural" Development per age group - in the game.

Phase One:

Mastering the Ball

- Technique/ Skills
- Special Technique/ Technical Programs
- Mastering the ball
- Creating the base to play against others
- Always with a goal (of various sizes) to defend and attack.
- Certificates for different levels of ball mastery

Phase Two:

Playing together

- Insight - Communication
- With my teammates - against the opponent.
- From 2v1 until 8v8
- Always with a goal to defend and a goal to attack.

Phase Three:

Playing in Systems

- Insight/Communication
- Playing in different systems for education: 1-4-3-3 // 1-4-4-2 // 1-3-5-2
- Knowing and experiencing the tasks and responsibilities of the systems
- Knowing the general system and per position strong and weak points of each system
- Playing against other systems



Goal keepers - What will you learn in the camps?

Below you will find an overview of what a goalkeeper should be able to do. These aspects will be partly or completely presented in all goal keeping camp programs. The program is well balanced, and covers a wide range of subjects within the allotted time. The training sessions are alternating and varied. They all start with a specific goal keeping warm-up and end with a cool-down. Everything is tailored to the program and to age and level of play.



TECHNIQUE

- Stance
- Footwork
- Jumping
- Minimizing the space and 'standing still' when a shot, cross or pass is struck
- Catching: picking-up, under-hand (rolling) pick-up, cushioning, above head (settling) pick-up
- grounding the ball, diving and floating
- Tipping
- Punching
- 1 v 1
- Joining game play outside of the penalty area
- Duel in the air
- The back pass
- Throwing, rolling, javelin throw, overhand throw
- Punt; volley and drop-kick
- Goal kick

TACTICS, POSSESSION AND POSITIONING

- During play, with: shots, crosses, through balls and 1v1.
- During set plays: - corner kicks - free kicks - penalties - throw-ins
- Mastering the areas: - in front of goalkeeper (depth) - besides goalkeeper (flanks) - behind goalkeeper (lobs)
- Choice and moment of kicking and throwing



www.sonomastatesoccer.com

PHYSICAL

- endurance
- speed - course speed
 - handling speed
 - reflex
- agility
- coordination
- strength - general
 - jumping-, kicking-, throwing- and punching strength

COACHING, LEADERSHIP AND ORGANIZATION

- During the game with:
 - possession and loss of possession
 - teammates on or close to the ball
- set plays



PSYCHOLOGICAL MOTIVATION

- effort, attitude
- determination
- audacity, courage, guts
- concentration
- confidence and anticipation
- influence of:
 - fans, press and opponents

GENERAL

- sportsmanship
- Material care and maintenance
- Choice of material
- Behaviour
- Knowledge of rules

All these aspects need to be applied to real game situations. Training these situations is therefore necessary by means of:

- shots on goal
 - from all distances
 - from various positions
- Crosses into the penalty area
 - from all distances
 - from various positions
- duels 1:1
 - from various positions
- depth passes
- back passes
- build up
 - to whom?
 - how to build up?



All these aspects in relation to:

- teammate(s)
- opponent(s)
- rules
- game pressure

General information

- For goalkeepers from 8 year up to adults.
- 5 days: - morning, afternoon and night.
 - total 15 training sessions and theory and/or video.
- Balanced training session according to the Frans Hoek Method.
- Train on technique, insight, communication combined with goal keeping games for the goalkeeper(s) of the week award (per program).
- Train with the best and most modern attributes:
- 1 coach per 10-14 goalkeepers.
- Certified national goal keeping coaches as group trainers, international goal keeping coaches as program leaders and an instructor as general leader.
- 24-hour medical care available.
- Goal keeping shop available with attractive and competitive prices for all goal keeping items.
- Every participant will receive:
 - a T-shirt
 - a ball
 - a certificate
 - an evaluation form



The Hoek Method

Training the Players

T.I.P.S.

T - Technique

I - Insight

P - Personality

S - Speed

Technique-ball control

Dribbling

- Running with the ball
- Feints-fakes
- Cuts -change of directions

Passing

- short-inside of foot
- left foot
- right foot
- long - instep
- left foot
- right foot

Shooting

- short
- long
- volleys

Crossing

- left foot
- right foot
- on the ground
- in the air

Trapping- Receiving

- first touch
- thigh
- chest

Heading

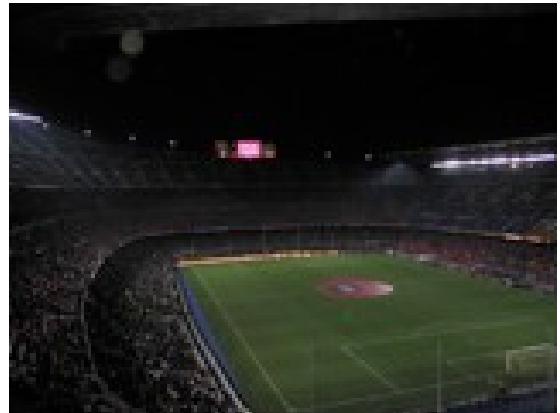
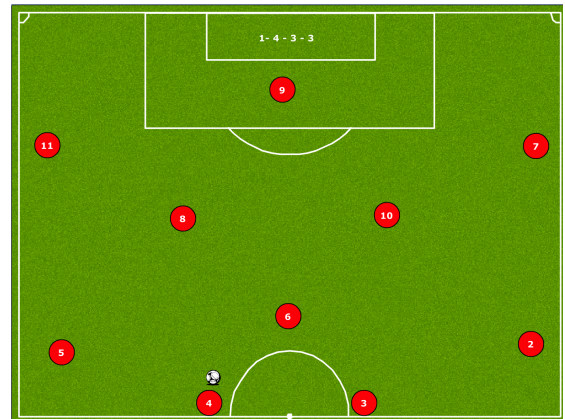
- offensive
- defensive

1v1 attacking

- ability to beat an opponent
- ability to score

1v1 defending

- ability to win balls
- Touch on the ball
- Ball handling speed
- Speed of Action



The Hoek Method



Personality

- presence-charisma
- game mentality
- ability to handle pressure
- motivation
- aggressiveness
- work rate
- mental toughness
- practice mentality
- concentration
- coachable
- social- interaction with others
- Respectful
- Creativity
- Enthusiasm
- leadership skills
- leader
- confidence
- winning mentality
- Plays for others

Insight

Possession of the ball

- decision making
- Ability to combine
- passing ability
- vision - overview
- positional play- awareness
- feeling for position

Possession of the Opponent

- defending
- pressuring
- marking
- covering
- feeling for position
- decision making

General tactics

- decision making
- transition to offense
- Transition to defense
- Task discipline
- Overall game understanding
- Anticipation - reading the game
- Ability to play from position



Speed - Physical Attributes

- Overall Athletic Personality
- Speed off the mark
- Speed 0-10
- Speed 10-30
- Speed - above 30 yards
- Jumping ability
- Strength in tackles
- Stamina
- Mobility



Train Like a Professional Player

Daily Schedule:

Wake Up	6:45 am
Breakfast	7:15 - 8:15 am
Checkpoint	8:30 am
On the field	8:45 am
Field Session	9:00 - 11:15 am
Lunch	11:45 am - 12:45 pm
Checkpoint	2:00 pm
On the field	2:15 pm
Field Session	2:30 pm - 4:30 pm
Dinner	5:30 - 6:15 pm
Checkpoint	6:30 pm
On the field	6:45 pm
Field Session	7:00 pm - 8:45 pm
Lecture/Video	9:00 - 9:30 pm
In Room Before..	10:30 pm
Lights Out Before...	11:00 pm

Tips from Dutch Coaching Handbook

- In soccer the result should never be the first priority. Your objective is to develop the talents of the young players.
- Does this mean that you cannot make any demands on your players? Of course not! You can require them to play well, but not to achieve a given result. Try to win on the basis of positive soccer ideas and on the skills of individuals on the team, but not on the basis of putting the result of the team first. Make it clear to your team if they earn a seven out of ten for their performance when they could have an eight than they have performed below par. In this case the criticism is justified.
- Players develop quickly at a young age. Therefore they should be given the opportunity of playing lots of positions on the team. A more definitive choice of a player's position should not be made until the player is 14 or 15.
- In principle the best players should be given an attacking role. This will enable them to their creativity more quickly in tight situations in the face of greater resistance. Attackers can always be converted to defenders at a later stage, but making attackers out of defenders is more difficult.
- Players must play at the highest possible level commensurate with their physical and mental attributes and their talent. A coach is on the wrong path if he stops a player from moving up the next level during the season on the grounds that, for example, this will weaken the coach's team and spoil its chances of winning the league.
- Varied training sessions are not necessarily the best training sessions. Repetition is important.
- Be enthusiastic. Do not seek excuses for failure. Keep abreast of developments in the world of soccer.



2006 SSU- HOEK CAMP APPLICATION

Camp Dates: June 18-22

Camper Name _____

D.O.B. _____

Age _____

Parent Name _____

Position _____ **Circle: Male / Female**

Street _____

City _____ **State** _____

Zip _____

E-Mail _____

Commuter _____ **Residential** _____ (check one)

Phone # _____ **Emergency Contact #** _____

T-Shirt Sizes: YL _____ AS _____ AM _____ AL _____ AXL _____

Requested Roommate _____

Camp Fee: \$695 for Residential

\$525 for Commuter

\$200 deposit due with application ...remaining balance due by June 1st

Amount Enclosed \$ _____ **Check #** _____ (Make checks payable to SSU Soccer)

Charge to my credit card the amount of \$ _____

For Credit Card Payments only, you may fax registration to (707) 664-2200

Card# _____ **Exp Date** _____

Circle One: VISAMC.....AMEX

Cardholder Name _____

CardHolder Signature _____

Check Return Policy: If your check is returned for insufficient funds there will be an additional \$25 charge.

Cancellation Policy: If for any reason you need to cancel your reservation within 30 days prior to the start of the camp, you have a choice of receiving a full refund, less a \$35 administrative fee, or a camp/tournament credit for the full amount that you paid.

MAIL WITH PAYMENT TO:

SSU Soccer – Hoek Camp

1801 E. Cotati Ave.

Rohnert Park, CA 94928

www.sonomastatesoccer.com