



Monday July 20, 2015 – Dribbling and Mini Soccer Games

9:00 – 9:15: Camp introduction – Coaches introduction, ground rules, what to expect

9:15 – 10:00: Warm up with group. Teaching proper dribbling technique – Outside 3 toes, running with the ball, faking, pulling, pushing etc.

10:00-10:15: Water Break (Mandatory)

10:15 – 11:00: Dribbling games: 1v1s attacking 2 goals and defending 2 goals, 2v1s attacking 2 goals and defending 2 goals. Teach how to fake out each defender.

11:00 – 11:30: Snack break / joke time

11:30 – 12:15: Mini Soccer Games – 2v2/3v3 games.

12:15 – 12:25: Halftime of Mini Soccer Games (Water)

12:25 – 12:45: Mini Soccer Games 2v2/3v3

12:45 -1:00: Pickup fields and talk about the day

Tuesday July 21, 2015 – Dribbling and Mini Soccer Games – Club Soccer Jersey Day

9:00 – 9:15: Day introduction

9:15 – 10:00: Dribbling games – sharks and minnows, knock out, knock out with a partner, cone pickup etc.

10:00-10:15: Water Break (Mandatory)

10:15 – 11:00: Dribbling games: 1v1s and 2v1s: Line soccer, multiple goals, chase the dribbler, 1v1 in diamond.

11:00 – 11:30: Snack time / joke time – Talk about the jerseys being worn

11:30 – 12:15: Mini Soccer Games – 2v2/3v3

12:15 – 12:25: Halftime of Mini Soccer Games (Water)



12:25 – 12:45: Mini Soccer Games 2v2/3v3

12:45 -1:00: Pick up fields and talk about the day.

Wednesday July 22, 2015 – Passing/Receiving and Mini Soccer Games – International Soccer Jersey Day

9:00 – 9:15: Day instructions

9:15 – 10:00: Passing/Receiving focus: ankle locked, toes up, rotate hip etc. Receive as catching an egg, soft feet, be on toes, etc. Torpedos, Cops and Robbers (2v1 all have soccer balls) – Dribble soccer balls as cop tries to pass the ball and knock out their soccer ball – MUST be on the ground. Soccer golf an option for younger players.

10:00-10:15: Water Break (Mandatory)

10:15 – 11:00: 1v1/2v2 and try passing the ball to teammate in end zone, receive the ball through the gate

11:00 – 11:30: Snack time / joke time – Talk about international jerseys being worn

11:30 – 12:15: Mini Soccer Games

12:15 – 12:25: Halftime of Mini Soccer Games

12:25 – 12:45: Mini Soccer Games

12:45 -1:00: Pickup fields and talk about the day.

Thursday July 23, 2015 – Passing/Receiving and Mini Soccer Games

9:00 – 9:15: Day introduction

9:15 – 10:00: Passing/Receiving: Tag with passing/receiving (younger players).

10:00-10:15: Water Break (Mandatory)

10:15 – 11:00: Older players (3v1 with transitions), Younger players (3v1s one direction) Focus on triangles.



11:00 – 11:30: Snack time / joke time

11:30 – 12:15: Mini Soccer Games 3v3 and 4v4 now

12:15 – 12:25: Halftime of Mini Soccer Games

12:25 – 12:45: Mini Soccer Games

12:45 -1:00: Pick up fields and talk about the day

Friday July 24, 2015 – Competition/ Game day

9:00: Day introduction

Juggle competition, passing competitions, receiving competitions.

10:00 – 10:15: Water Break (Mandatory)

10:15 – 11:00: More games and competitions.

11:00 – 11:30: Snack time / joke time

11:30 – 12:15: Mini Soccer Games

12:15 – 12:25: Halftime of Mini Soccer Games

12:25 – 12:45: Mini Soccer Games

12:45 – 1:00: Field pick up and wrap up camp.