

Weekend Clinic or Lock-In

Begin the soccer clinic Friday evening through Saturday concluding with the Gospel presentation on Sunday. This camp model can be an overnight activity if desired.

Daily Schedule

Friday Evening (2 hours):

- **5v2 (10 minutes):** A sort of soccer-style "keep-away" game. Five players form a circle with two in the center. Those on the outside attempt to pass the ball to each other without the inside players touching the ball. When a player on the inside of the circle touches the ball, play stops. The person who has been on the inside the longest then moves to the outside circle and the player who is at fault moves to the inside of the circle.

Acquired Skills: This exercise simulates a fast-paced game environment in which players will have to think quickly and pass the ball accurately.

Coaching Tip: This game can be played with any number of players, so long as the outside circle has a good majority (4v1, 6v3, etc). This is a perfect game to open with because you can start as soon as early birds arrive and go for 10 - 15 minutes into the camp waiting for stragglers. Once the group grows to 11 people, its probably best to break into two groups. Also, be sure to keep the circle small so as to make the task possible for the players on the inside.

- **Stretching (10 minutes):** Now that the players are warm, it is important to stretch in order to prevent injury. Gather the players together in a huddle or line them up in such a way that the leader is the main focal point so that they are able to mimic the stretches easily. Alternate between several stretches that concentrate on the legs and back.
- **Elective Drills (60 minutes):** Choose from the list and include a water break. Drills can be done for as long as they are effective. It is best to have several in mind so that you can move on from one early, or totally scrap one if needed.
- **Devotion Time (15 minutes)**
- **Small - Sided Games (25 minutes):** Teams of three or four play against each other on a small field with no goalkeepers.

Acquired Skills: Players are involved in the action a lot more than in a full-sized game. They are forced to work harder and think faster in tight spots. Also, the smaller setting allows the coach to stop play and offer critique at any time.

Coaching Tips: Have at least one coach with each group. This is an amazing opportunity to connect with a small group of players and to analyze their game on a deeper level. Use cones to mark the small fields and goals. Practice shirts are helpful with telling teams apart. Both shirts and cones can be found at any sports store.

Saturday (4 hours):

- **5v2 (10 minutes):** A sort of soccer-style "keep-away" game. Five players form a circle with two in the center. Those on the outside attempt to pass the ball to each other without the inside players touching the ball. When a player on the inside of the circle touches the ball, play stops. The person who has been on the inside the

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- **Fitness Training (40 minutes)**: Four groups each starting at a different stations and rotating after 6 minutes. There is a lot of flexibility with this drill, so be sure to adjust it based on your individual players. Suggestions for stations are: sit-ups, push-ups, sprints, footwork, line drills, lunges, squats, etc. End with a 10 - 15 minute water break.

Acquired Skills: Endurance and strength are vital aspects to every soccer player's game. Even in just one week, a player can improve dramatically with the correct set of strength and fitness drills.

Coaching Tips: Make sure to match these drills to your group. You do not want to overwork your players, but a healthy amount of sweat and hard work is all a part of improving ones' game. In any case, keep a close eye out for fatigue.

- **Elective Drills (45 minutes)**: Choose from the list and include a water break. Drills can be done for as long as they are effective. It is best to have several in mind so that you can move on from one early, or totally scrap one if needed.
- **Lunch (30 minutes)**: A light lunch of fruit and carbohydrates will help to give your players energy without weighing them down too much to play.
- **Juggling (15 minutes)**: Just like hacky sack, but with a real ball. Players practice keeping the ball in the air using their feet, thighs, head, and shoulder. Any part of the arm below the shoulder is considered a "hand-ball" and is not allowed, however beginning players may have to start the ball by holding it.

Acquired Skills: Players learn how to handle the ball with great skill. Even though they will most likely never need to "juggle" the ball during a game, this exercise will help them in all aspects of the game.

Coaching Tip: Ideally, the ball would be bouncing slow and not spinning while the player is moving from their spot very little. These signs are indicators that the player is touching the ball correctly. If their aren't enough balls, break the players into groups of two or three who can take turns practicing and help count how many touches their partners get on the ball. Having partners count touches is a good idea for the competition as well in order to settle any disputes that may arise.

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- **Devotional Time (15 minutes)**
- **Scrimmage (30 minutes):** An informal game. This game should be as large as possible with up to 11 on each side. If there are still players not involved, they should be subbed in half way through.

Acquired Skills: This game allows players the chance to put everything that they have been doing into action. It is the most exciting part of camp!

Coaching Tip: This is your most important time. You should be watching the kids closely to see what adjustments need to be made for the future. Make sure to not only correct, but to also encourage and applaud your player. A short half-time is really helpful with making these adjustments. Be sure to keep an eye out for rough play in order to end it before it is allowed to turn into anything else. Practice shirts are helpful with telling teams apart and can be found at any sporting goods store.

Sunday (2 hours):

- **5v2 (10 minutes):** A sort of soccer-style "keep-away" game. Five players form a circle with two in the center. Those on the outside attempt to pass the ball to each other without the inside players touching the ball. When a player on the inside of the circle touches the ball, play stops. The person who has been on the inside the longest then moves to the outside circle and the player who is at fault moves to the inside of the circle.
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- **Jesus Film and Invitation (70 minutes):** It is best to have another group of people setting up the Jesus Film equipment. Show the film and give an invitation to receive Christ.