

Week-long Day Camp

This model is set up for the kids to participate during the week 9 to 3pm daily with a competition and family fun day on Saturday and awards ceremony, celebration, and worship on Sunday.

Monday - Friday

- **5v2 (15 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 (15 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.

- **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.

- **Small - Sided Games (30 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.

- **Juggling (20 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. Through the camp players will use this time to practice and on the last day it is always fun to have a competition. The player who has the most consecutive touches on the ball without it touching the ground wins.

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.

- **Lunch/Games (60 minutes):** A light lunch of fruit and carbohydrates will help to give your players energy without weighing them down too much to play. Also, even though this is a soccer camp having a few minutes on games can really go a long way. Keep in mind that this should be a relaxing time in order to keep your players rested for the remainder of the day.
- **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.
- **Devotional Time (20 minutes)**
- **Scrimmage (40 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.

Saturday

- **Warm-up run (5 minutes):** Lead the group in a few laps around the field or practice area.
- **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.

- **Highlight Elective Drills (30 minutes):** At this point, choose a few drills that really highlight the growth and development of your players. If more parents are present this day, it would be a good chance to show them what you have been doing.
- **Family Games (45 minutes):** Use any sort of family games that might be used at a picnic or field day. Don't feel like they have to be soccer related; instead focus on involving the whole family.
- **Group Meal (60 minutes) Coaches/Parents Vs. Kids (30 minutes):** A scrimmage with adults on one team and campers on the next. Don't make it too long or the adults are likely to get too tired! Advertise for this event throughout the week, it can be a fun way to involve both parents and their children together.
- **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.

Weeklong Overnight Camp

This is a weeklong overnight event with the kids checking in on Monday and leaving on Friday afternoon. Soccer is the focus during the day with games, worship, and relaxation during the evenings.

Daily Schedule:

Using the schedule from the weeklong day camp, add in the remaining elements of any Christian camp that best fits your group. Remember the importance of water breaks to fight fatigue over the long week.

Elective Drills

Any of these drills can be done for as long as they are working well for your group. Also, it is best if you don't do all one type of drill in a single day. Alternate between shooting, dribbling, and passing drills during any single day in order to keep things fresh. Repeat drills as necessary in order to further emphasize a skill. Don't forget to do a demonstration in order to help your players understand exactly what they will be doing.

- **Passing (groups of 2):** Players pass the ball back and forth to each other from about 15 feet apart. The drill alternates between passing without rules to passing with rules. Such as right foot only, left foot only, stopping the ball, sweeping (first touch on the ball moves it to either side with the inside or outside of the foot), one touch (each player kicks the ball without stopping it first).

Acquired Skills: Players learn to make and receive passes more accurately while becoming more comfortable with the ball at their feet.

Coaching Tips: A player's shoulder and planting foot (the foot not kicking the ball) will determine where the ball goes. They should both be pointing at the target with the planting foot directly beside the ball and the shoulders over the ball. Short

passes are typically made with the instep (the inside of the foot) for the best accuracy.

- **Receiving Long Balls (groups of 2):** Partners take turns receiving or "fielding" balls thrown to them in the air from about 10 feet away. Balls should be tossed (most likely underhand) to the player at chest height, waist height, knee height, foot height from the air, and any height in-between in order to simulate a ball kicked to them from a long distance.

Acquired Skills: Players learn to receive passes made from a distance and how to take control of the ball from the air.

Coaching Tips: In order to save time, it works best to have one player throwing the ball with one receiving it. Half way through the exercise, have the players switch positions. Make sure the balls are tossed lightly so that players may focus on where and how to receive the ball.

- **Long Passes (groups of 2):** This drill is largely dependant upon space, but is quite effective in preparing a player for long passes that may be needed in a game situation. Follow the same rules for regular passes, but at a distance of 30 or more feet away.

Acquired Skills: Players learn to make and receive long practices while getting a feel for how hard they must kick a ball in order to make it go a certain distance.

Coaching Tips: A player's shoulder and planting foot (the foot not kicking the ball) will determine where the ball goes. They should both be pointing at the target with the planting foot beside the ball, and the shoulders not directly over the ball. Some long passes may require a ball to be kicked with the laces (part of the foot which is covered by the laces) but the instep is usually more accurate if it can generate enough force to complete the pass.

- **Wall Passing (groups of 2):** Make a 30 foot long line of cones with about 5 feet between each cone. Form a line at the end of the cones with each partner on one side of the cone. Partners pass the ball to each other back and forth between each opening in the cones and then return to the line to wait for their next turn. Start slow and then have them speed up.

Acquired Skills: Players learn to make and receive passes on the move while getting the idea that you have to make yourself open in order to receive a pass.

Coaching Tips: These passes should also be made with the instep, but will have to be played into open space as opposed to directly to the feet of their partner.

Variation: If this activity seems too advanced for your players you can line them up individually, each with their own ball. Stand facing the line about 15 feet away and 10 feet to the side. The player then passes you the ball and continues running past you into space where you have passed the ball to them. Once they get the hang of it, rotate the players into your position.

- **Dribbling (individual):** Line the players up side by side with their own ball, about an arm's length apart. Players then dribble the ball down the field in a straight line alternating between slow (ball is kept close to the feet), fast (space between ball and feet allows the player to run faster), left foot only, right foot only, and weaving through cones (from a single-file line).

Acquired Skills: Players learn to control the ball while moving.

Coaching Tips: Have several coaches watching players and offering critique. Things can get out of control without supervision and this is a drill that must be practiced correctly in order to really make an impact.

- **Touchwork (individual):** Players are lined up single file with a good amount of space separating them from each other; and each player with their own ball. At your command, players will rotate between several drills. Knocking the ball back and forth between their own feet, while standing in the same spot; running sideways and rolling the ball over the foot to the left, running sideways and rolling the ball over the foot to the right, and dribbling the ball and stopping it with the bottom of your foot.

Acquired Skills: Players increase their agility with the ball and master control while dribbling.

Coaching Tips: Have several coaches watching players and offering critique. Things can get out of control without supervision and this is a drill that must be practiced correctly in order to really make an impact.

- **Relay Race (3 teams):** Divide the group into three equal teams, each standing in a line 30 feet away from their own 30 foot line of cones (Players at one cone, 30 feet away begins a cone at every 3rd foot with 10 cones). The first player in each line has a ball, starts by dribbling to the cones, then weaves through the cones down and back, and passes the ball to the next player in line. The next player in line cannot move until the ball comes to them; they cannot run out to meet the ball. They continue as the first player did until all players are finished. The first team done wins!

Acquired Skills: Players get a feel for what it means to dribble and pass accurately while under pressure.

Coaching Tips: Cones are really a must for this drill. Make sure the teams are spread out so that they don't get into each other's way. Keeping the ball at one's feet is a must for dribbling through cones.

- **Fakes or "Jukes" (individual):** Players each have their own ball and line up single file. A single cone is 15 feet away from the line. Each player individual approaches the cone with the ball at their feet and performs the "move" as if the cone were an approaching player. Rotate between several different moves or fakes.

Acquired Skills: Players learn to attack with the ball and allude oncoming defenders.

Coaching Tips: If you don't already know some moves, it is far too difficult to describe them on paper. Ask around and search the internet for videos, but if you can't find any this may not be a good drill for your camp. Variation: If you can't find any fakes to use, then try this variation. Two lines 15 feet apart, one player has the ball and approaches a coach 20 feet away and passes to their partner in order to keep the coach from coming into contact with the ball.

- **Shielding (groups of 2):** Two players and a ball each have their own space. The player with the ball keeps their arms up, butt out, with the ball at their feet. The goal is to keep the other player at your back so that they may not reach the ball. Although the defending player may have their arms up, it is against the rules for either player to swing or push with their arms. Players switch positions after a few minutes.

Acquired Skills: Players learn to maintain possession of the ball against pressure.

Coaching Tips: This is a useful skill, but reiterate the importance of keeping your head up and looking around. This skill should only be used in a game long enough to hold on to the ball until help arrives or a pass can be made. This is a physical drill, but players should not actually be pushing each other.

- **Every Man for Himself (individual):** An easy postlude from the previous drill, this game is always a highlight. Make a tight square, depending on how many players

you have. Each player has to protect their own ball while trying to kick other player's ball out of the square. If a player's ball goes out of the square, they are out and the last player with a ball in the square wins.

Acquired Skills: Players learn to be mindful of their surroundings while both defending and attacking the ball.

Coaching Tips: It's safe to let this one go on its own. Make sure to repeat the game several times so that players who were out quickly get another chance.

- **Heading (groups of 2):** One player lightly tosses the ball to the other player who heads the ball back to them. They should be standing around 8 feet apart. On the coaches command, the player "heading" the ball rotates between heading it to the feet, body, and head of their partner who is throwing them the ball. The player throwing the ball picks it up, no matter where it is played, and tosses it back to the head of their partner. Switch after a few minutes. Finally, players pass the ball to each other back and forth from head to head.

Acquired Skills: Players learn the basics of hitting and directing the ball with their head.

Coaching Tips: Once again, the shoulders will direct where the ball goes. Headers are made with the entire back as the force, not the neck, and the shoulders squarely pointed at the target. The part of the head that makes contact is the center of the forehead; not the side or top of the head.

- **Shooting (individual):** Players stand in a single file line facing the coach who is 30 feet away. In turn, they pass the ball to the coach who stops the ball. The player runs at the ball and kicks it toward the goal. After a while, the coach moves 30 feet to the side as well. Then the player passes the ball diagonally to the coach and runs straight toward the goal. The coach gives the player a leading pass which they must shoot without stopping.

Acquired Skills: Players learn the basics of shooting the ball and practice making one-touch shots on the run.

Coaching Tips: Most shots are made with the laces (part of the foot that is covered by criss-crossing laces on the shoe). A player's shoulder and planting foot (the foot not kicking the ball) will determine where the ball goes. They should both be pointing at the target with the planting foot directly beside the ball and the shoulders over the ball. If no goal is available, this drill can be done against a fence, wall, or many coaches willing to chase the ball.

- **Quick Shots (small groups):** Groups of 5-9 players with one less ball the number of players in a group. One player stands facing the goal at the edge of the penalty area; 18 yards away from the goal. The remaining players form two lines facing the shooter, on both sides, each with a ball at their feet. Alternating sides, the ball is passed from the line to the shooter who must strike the ball only once toward the goal. When all the balls are played, the next person becomes the shooter. No goal keeper is necessary. Rotate several times between all the players.

Acquired Skills: Players learn to shoot the ball directly from a pass into the shooting area, as well as how to make accurate passes into the field of play.

Coaching Tips: The same tips from the "Shooting" drill still apply. This is meant to be a fast-paced drill but it is important that balls are played accurately to the shooter just inside or outside of the 18 yard mark. If you are dealing with primarily younger players you can have them shoot from a closer distance.

- **Finishing (individual):** The coach is standing in the goalie position with the players facing the goal in a single file line about 20 yards away. The players take turns approaching the goal and the coach rotates between bouncing, throwing, rolling, kicking, etc. the ball. Players then take no more than one touch on the ball before shooting it at the goal.

Acquired Skills: Players learn the basics of shooting a moving ball simulating deflections or clears from the goal keeper.

Coaching Tips: The same tips from the "Shooting" drill still apply. Balls should be played at all heights in varying locations in front of the goal to give the students the most amount of practice and the widest range of experience. They should be approaching the ball at full speed.

- **Crosses (2 teams):** Break the players into teams of no more than eight, so long as each team has a partner team. One team defends the goal, while the other team shoots at balls played from the corner (or from about 30 yards from the center of the goal). Once the defensive team clears the ball, play stops and another ball is sent in. Switch after several tries or when a team scores.

Acquired Skills: Players learn to shoot the ball directly from a pass into the shooting area, as well as how to make accurate passes into the field of play.

Coaching Tips: Use a coach as the goal keeper and to send the ball in from the corner. If the group is primarily younger players, send the balls in from a closer distance. Practice shirts are helpful in order to tell teams apart. This drill will most likely use skills learned from all of the passing and shooting drills. For this reason it is considered advanced.