**Soccer Full Day Camp**

July 10-14, 2022

**Session Topics/Curriculum**

Sunday, July 10

* Ball lifts/juggling
* Dribbling

Monday, July 11

* Passing/receiving
* Cool T-shirt competition!

Tuesday, July 12

* Shooting
* Dance competition!

Wednesday, July 13

* Review/Bobcat Escape
* Crazy hair contest!
* Trivia contest!

Thursday, July 14

* Soccer Olympics
* Closing Ceremony

Sunday, July 10

4:30 check-in

5:00 introductions/demo – ball lifts/juggling

5:20 break into groups/take role

5:30 warm-up/ball lifts/juggling

5:50 dribbling

6:15 Inside Activity – announce competitions for the week

7:00 Full-field Games

7:30 End Session

Monday, July 11

9:00 camp demo – passing/receiving

9:15 musical morning warm-up

9:30 review Sunday’s topics

9:45 passing/receiving on ground – intro outside of foot

10:15 receiving/turning

10:50 Depart for Pool/Lunch

1:30 receiving out of the air - \*gks separate for training

1:50 passing/receiving games

**2:10 Inside Activity – Cool T-shirt competition!**

3:00 Full-field games

3:30 end session – Camp store open – Shaved ice for sale!

Tuesday, July 12

9:00 camp demo - shooting

9:15 musical morning warm-up

9:30 review Sunday’s topic with activity - \*gks separate for training

9:45 review Monday’s topic with activity

10:00 shooting progression

11:05 Depart for Pool/Lunch

1:30 shooting games - \*gks join teams for shooting

**2:10 Inside Activity – Dance Competition**

3:00 Full-field games

3:30 end session – Camp store open – Shaved ice for sale!

Wednesday, July 13

**9:00 Crazy Hair Contest!**

9:15 musical morning warm-up

9:30 review Sunday/Monday’s topic with activity - \*gks separate for training

10:00 review Tuesday’s topic with activity

10:50 Depart for Pool/Lunch

1:30 shooting games - \*gks join teams for shooting

**2:10 Inside Activity – Trivia contest!**

3:00 Small-sided games

3:30 end session – Camp store open – Shaved ice for sale!

Thursday, July 14

**9:00 Soccer Olympics!**

10:00 Camp photo – Wear your camp t-shirt

10:15 Break – Inside activity

10:30 small-sided games

11:15 closing

11:30 end session – Camp store open – Shaved ice for sale!

\*Goalkeepers will train Mon and Tue afternoon, and Wed morning as indicated.

**Contact List:**

Henry Zapata – 847-204-9429

Steve Holeman – 706-201-3151

Nathan Stockie – 409-658-1229

Hannah Smith – 402-661-0497