

Soccer Teamwork & Technique Camp

Circuit Allocation Table (aka the CAT)		Ages 7-12		Tuesday		
8:00am-8:45am		Pre-Camp - Coaches Meeting & Set-up				
8:45am-9:05am		Sign-In & Warm-up				
		Coach	Director	Coach 1	Coach 2	
		Activity	Check-In	Lay-up Lines	Lay-up Lines	
		Group	All Groups	Red/Green	Blue/Yellow	
9:05am-9:15am		Camp Orientation - Camp Rules, Club Culture (MEAL PLAN), Life Skill of the Day (Respect the ROOTS), Daily Preview				
9:15am-9:30am		STATION 1		SKILL DEVELOPMENT DRILLS/GAMES		
		Coach	Director	Coach 1	Coach 2	
		Activity	Tic Tac Toe (Dribbling) w/special move	Move It, Move It		
		Group	Red/Green	Blue	Yellow	
9:30am-9:45am		STATION 2		SKILL DEVELOPMENT DRILLS/GAMES		
		Coach	Director	Coach 1	Coach 2	
		Activity	Tic Tac Toe (Dribbling) w/special move	Move It, Move It		
		Group	Blue/Yellow	Green	Red	
9:45am-9:50am		Water Break				
9:50am-10:05am		STATION 3		SKILL DEVELOPMENT DRILLS/GAMES		
		Coach	Director	Coach 1	Coach 2	
		Activity	Centipede Passing	Avengers Infinite Wars Shooting		
		Group	Red/Green	Blue	Yellow	
10:05am-10:20am		STATION 4		SKILL DEVELOPMENT DRILLS/GAMES		
		Coach	Director	Coach 1	Coach 2	
		Activity	Centipede Passing	Avengers Infinite Wars Shooting		
		Group	Blue/Yellow	Green	Red	
10:20am-10:40am		SNACK BREAK				
10:40am-10:50am		STATION 5		Agility Ladder & Post Snack Set-up		
		Coach	Director	Coach 1	Coach 2	
		Activity	Agility Ladder	Set-Up For Post Snack Games		
		Group	All Groups			
10:50am-11:10am		STATION 6		Sim Scrim & Skill Reinforcement Games		
		Coach	Director	Coach 1	Coach 2	
		Activity	American Gladiators (3-on-2)	Han Solo Passing		
		Group	Red/Green	Blue	Yellow	
11:10am-11:30am		STATION 7		Sim Scrim & Skill Reinforcement Games		
		Coach	Director	Coach 1	Coach 2	
		Activity	American Gladiators (3-on-2)	Han Solo Passing		
		Group	Blue/Yellow	Green	Red	
11:30am-11:35am		Water Break				
11:35am-11:55am		STATION 8		CAMP GAME - Shooting		
		Coach	Director	Coach 1	Coach 2	
		Activity	Steal The Bacon Soccer			
		Group	Blue & Green vs. Red & Yellow			
11:55am-12:00pm		Camp Close - Points, Recap, Special Acknowledgements				
12:00pm-12:05pm		Sign-Out				
		Coach	Director	Coach 1	Coach 2	
		Activity	SIGN-OUT			
		Group	All Groups			
12:05pm-12:30pm		Post Camp - Tear Down, Load Truck, & Coaches Meeting				