

Soccer Teamwork & Technique Camp

Circuit Allocation Table (aka the CAT)		Ages 7-12		Wednesday
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
Focus		Pass & Cut	Pass & Cut	
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	Mater's Haul- Dribbling	Pokemon- Shooting	
	Group	Red/Green	Blue	Yellow
Focus	Chop Step	1-2 Pass through/ Inside Lace		
9:30am-9:45am	STATION 2		SKILL DEVELOPMENT DRILLS/GAMES	
	Coach	Director	Coach 1	Coach 2
	Activity	Mater's Haul- Dribbling	Pokemon- Shooting	
	Group	Blue/Yellow	Green	Red
Focus	Chop Step	1-2 Pass through/ Inside Lace		
9:45am-9:50am	Water Break			
9:50am-10:05am	STATION 3		SKILL DEVELOPMENT DRILLS/GAMES	
	Coach	Director	Coach 1	Coach 2
	Activity	Pirates of Caribbean Dodge/ Soccer	Hunger Games Shooting	
	Group	Red/Green	Blue	Yellow
Focus	Dribble, Speed	Toe Kick		
10:05am-10:20am	STATION 4		SKILL DEVELOPMENT DRILLS/GAMES	
	Coach	Director	Coach 1	Coach 2
	Activity	Pirates of Caribbean Dodge/ Soccer	Hunger Games Shooting	
	Group	Blue/Yellow	Green	Red
Focus	Dribble, Speed	Toe Kick		
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		
Focus	Triple Taps, Vertical Split Switches			
10:50am-11:10am	STATION 6		Sim Scrim & Skill Reinforcement Games	
	Coach	Director	Coach 1	Coach 2
	Activity	Star Wars Dribbling Relay Race	Fruit Smoothies- Corner Kicks Shooting	
	Group	Red/Green	Blue	Yellow
Focus	Chop Step	Toe Kick		
11:10am-11:30am	STATION 7		Sim Scrim & Skill Reinforcement Games	
	Coach	Director	Coach 1	Coach 2
	Activity	Star Wars Dribbling Relay Race	Fruit Smoothies- Corner Kicks Shooting	
	Group	Blue/Yellow	Green	Red
Focus	Chop Step	outside foot/ Toe Kick		
11:30am-11:35am	Water Break			
11:35am-11:55am	STATION 8		CAMP GAME - Shooting	
	Coach	Director	Coach 1	Coach 2
	Activity	Capture The Ball (Soccer)		
	Group	Blue & Green vs. Red & Yellow		
Focus	close dribbling/passing/shooting/ Team Work			
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		
Focus	Safety			
12:05pm-12:30pm	Post Camp - Tear Down, Load Truck, & Coaches Meeting			