



COMMUNITY CAMP CURRICULUM STRUCTURE TYPICAL 3 HOUR PROGRAM

DAILY THEMES	
Monday	Individual Possession (Dribbling & running with the ball)
Tuesday	Individual Possession (Turns & Shielding)
Wednesday	Group Possession (Passing & Receiving)
Thursday	Defending
Friday	Shooting

TYPICAL 3 HOUR DAILY SCHEDULE

SECTION - % OF COACHING TIME	THEME	KEY POINTS
Activator – 15 minutes	Ball Mastery	<ul style="list-style-type: none"> • Related to the main activity • 1 ball per player to maximize ball touches • Simple, fun activity led by coach
Main Activity – 1 hour 25 minutes	Skill aspect	<ul style="list-style-type: none"> • Focus on one theme per day • Improvements in ability levels are tested with increased resistance • Non opposed – skill practiced in isolation • Semi opposed – skill practiced with partial pressure • Fully opposed – skill practiced with full pressure
	Fun aspect	<ul style="list-style-type: none"> • Activities with themes/stories that children can relate to • Small groups to maximize playing time • Learning through experimentation and self expression • Competition through timed activities
Break 20 minutes	Rest	<ul style="list-style-type: none"> • Fun 'non soccer' activities • Jokes/Talent competitions
Conditioned/Free Play 1 hour	Game Specific Learning	<ul style="list-style-type: none"> • Pick up soccer mentality • 4 v 4 is the preferred organization • Conditions encourage players to perform skills learnt in main activity • Game played with direction to targets • Minimal stoppages by coach • Experimentation is encouraged
	Free Play	<ul style="list-style-type: none"> • No restrictions/conditions or coach interaction