

**5Camp day schedule: (40 players as of now; projection 60-80 campers)**

	<b>Who R U Monday</b>	<b>Green Tuesday</b>	<b>Bad Foot Wednesday</b>	<b>Pass Back Thursday</b>	<b>Finishing Friday</b>
9-10am	Warm up: Mastering Celtic Turns (Larsson)	Warm up: Mastering Celtic Turns (Lambert)	Warm up: Mastering Celtic Turns (Lennon)	Warm up: Mastering Celtic Turns (Maloney)	Warm up: Mastering Celtic Turns (McGeady)
10:00 – 10:10am	<b>Water/Shade Break</b> (All Campers must drink water and cool down at this time.)				
10:10 – 10:40am	<b>STATION 1</b> Core/Agility 101	<b>STATION 1</b> 1 <sup>st</sup> Defender Technical	<b>STATION 1</b> 1v1 Defending to Win the Ball	<b>STATION 1</b> 2v1 ‘Contain’ Defending	<b>STATION 1</b> Defending Passes/ Crosses
10:40 – 10:50am	<b>Water/Shade Break</b> (All Campers must drink water and cool down at this time.)				
10:50 – 11:20am	<b>STATION 2</b> First Touch 101	<b>STATION 2</b> Controlling Falling/ Bouncing Ball	<b>STATION 2</b> Playing Sideways On	<b>STATION 2</b> Pass back & Switch	<b>STATION 2</b> Back to Goal Receiving/ Turning
11:20 – 11:30pm	<b>Water/Shade Break</b> (All Campers must drink water and cool down at this time.)				
11:30 am - 12:00pm	<b>STATION 3</b> Passing 101	<b>STATION 3</b> Shielding the ball	<b>STATION 3</b> Gate Game Challenge	<b>STATION 3</b> Passing the Way You Face	<b>STATION 3</b> Give –N- Go... Finish
12:00 – 1:00pm	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 – 1:30pm	<b>STATION 4</b> Shooting 101	<b>STATION 4</b> Technical Approach to Heading	<b>STATION 4</b> Shooting for Accuracy	<b>STATION 4</b> Finishing Crosses	<b>STATION 4</b> Through Ball Finishing
1:30 – 1:40pm	<b>Water/Shade Break</b> (All Campers must drink water and cool down at this time.)				
1:40 – 2:00pm	Small Sided Games	Small Sided Games	Small Sided Games	Small Sided Games	Fri. Camp Challenge “PKs”
2:00 – 2:30pm	Mon. Camp Challenge “Juggling”	Tues. Camp Challenge “Cross Bar”	Wed. Camp Challenge “Head,Catch; Catch, Head”	Thurs. Camp Challenge “Group Juggling”	Camper vs Coaches
2:30 – 3:00pm	Small Sided Games	Small Sided Games	Small Sided Games	Small Sided Games	Closing Ceremonies

**Camp Day Themes:**

**Monday – *Who - R - U Monday*** – Wear last years jersey or any other jersey with your name on jersey.

**Tuesday – *Green Tuesday*** – Show your Green! Wear your CELTIC FC gear or wear something green.

**Wednesday – *Bad Foot Wednesday*** – All campers must wear White (or light color) sock on their weak foot; Black (or dark color) on strong foot. All skills sessions will focus on technical touches with our weaker foot.

**Thursday – *Pass Back Thursday*** – Come wearing your family hand me downs soccer gear or any pass teams no long playing. Ex: Munity, Seminole Strikers, Old Rowdies jerseys ect. Or come dressed in your favorite soccer era style.

**Friday – *Finishing Friday*** – Everyone is wearing Camp shirts.

Warm Up:

I think this time has been used for general group warm up and opportunity to teach and practice Celtic Turns. I would like to continue with this format, but give them one semi difficult turn a day for them to work on through the day and then have a skills challenge at the end of the day where the have to execute said turn.

Technical Station:

4 Stations x 30 min with 10 min water/cool off break. Each station focuses on station topic with appropriate activities for each groups skill level. Coaches stay with their group for water break then pass them on to the next station coach. I would like to give some kind of skills and performance evaluation to players at the end of camp.

Small Side Games:

Campers split up into skill appropriate teams and compete in small sided games.

Camp Day Challenge:

Different soccer related activities / skills that are geared to the skills learned in this camp.