



SKYHAWKS SPORTS ACADEMY

MULTI-SPORT CAMP PLANNER

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ABOUT SKYHAWKS

Skyhawks was formed in order to provide youth with an opportunity to grow as athletes and people. In order to achieve this goal, we have developed some fairly simple guidelines.

At every camp, Coaches and Directors shall:

- » engage the children;
- » create an atmosphere that is positive, respectful, and fair;
- » communicate to the children on an eye-to-eye level about the fundamentals of the sport;
- » emphasize the “team” over the “individual”;
- » emphasize participation over winning;
- » demonstrate good sportsmanship;
- » put the needs of children over your own; and
- » never underestimate the abilities of young players.

After a Skyhawks week, each child should walk away with new skills, new friends, a great attitude, and a SMILE!

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MULTI-SPORT SAFETY

If you are to enjoy and find success in coaching for Skyhawks, you will need to understand and support Skyhawks' philosophies. Unlike traditional camps, Skyhawks developed a unique method in teaching young children sports. Our methods and goals are not tailored to high school aged athletes, but children ages 3-14. To put it simply, we want every kid to HAVE FUN!! If they are having fun, they will learn.

- » Stakes and equipment need to be picked up by the coaches only.
- » Heading the ball: In soccer, heading is an option for the participants. Teach proper technique, but don't force anyone to head the ball.
- » Age appropriateness for all activities.
- » Make sure all goals are well anchored and not likely to tip over.
- » No climbing on goals or hoops.
- » No games where sports balls are thrown at the campers
- » No climbing on playground equipment, bleachers, picnic tables or any other structure inside or outside the camp environment.
- » Go to restrooms as a group to ensure safety. Watch for strangers.
- » Take lunch and all breaks with your camper group to ensure safety.

Always remember that kids want to:

PLAY!

PLAY!

PLAY!

Your exercises need to address these wants. Remember, this is a skills camp, so please incorporate our primary objectives into your exercises and games. Anticipation, attitude, and performance are secondary to Skyhawks' objectives. Campers need to be active throughout the duration of camp. Design your exercises accordingly.

SCHEDULES

HALF-DAY

TIME	DUTY
8:30 A.M.	Welcoming Duties » Parking lot duty » Greet parents and campers
9:00 A.M.	Camp Begins/Warm-Up & Stretch
9:10 A.M.	Skill of the Day - Sport #1 Drills and Games
9:55 A.M.	Water Break
10:00 A.M.	Skill of the Day - Sport #2 Drills and games
10:50 A.M.	Camp Game
11:00 A.M.	Snack and Water Break
11:05 A.M.	Skill of the Day - Sport #3 Drills and games
11:55 A.M.	Review/Camp Good-Bye
12:00 P.M.	Camp Ends

FULL-DAY

TIME	DUTY
8:30 A.M.	Welcoming Duties » Parking lot duty » Greet parents and campers
9:00 A.M.	Camp Begins/Warm-Up & Stretch
9:10 A.M.	Skill of the Day - Sport #1 Drills and Games
9:55 A.M.	Water Break
10:00 A.M.	Drills and Games (continued)
10:45 A.M.	Snack & Water Break
10:50 A.M.	Skill of the Day - Sport #2 Drills and Games
11:35 A.M.	Water Break
11:40 A.M.	Drills and Games (continued)
12:30 P.M.	Lunch
1:00 P.M.	Camp Games/Warm-Up/Stretch
1:30 P.M.	Skill of the Day - Sport #3 Drills and Games
2:10 P.M.	Water Break
2:15 P.M.	Drills and Games (continued)
2:55 P.M.	Review/Camp Good-Bye
3:00 P.M.	Camp Ends

REMINDERS

- Monday morning features camper and parent orientation.
- Friday features skill review and tournament day activities for each sport.
- Reference pages 7 and 8 of this manual for planning template pages that you can print and fill out.

ARRIVAL AND PREPARATION

MONDAY

Coaches arrive 30-minutes early for prep and staff meeting (director arrives approximately 45-minutes early). The director will provide an overview of the day and review duties and expectations.

8:30 AM - Preparations

- » Staff meeting
- » Prepare field of play/ensure safe conditions
- » Set up props for the day (balls, cones, etc.)
- » Set up sign-in process
- » Ask director for any necessary preparation tasks or duties

8:45 AM - Welcoming Duties

- » Parking Lot Duty
Direct traffic in and out of parking lot.
- » Greet and Guide Duty
Greet parents and campers at their car door; escort campers from their cars to orientation area.
- » Grouping Duty
Seat campers in appropriate age groups; entertain campers with a group game until orientation begins.

9:00 AM Orientation

TUESDAY - FRIDAY

Coaches arrive 20-minutes early for prep and staff meeting (director arrives approximately 30-minutes early). Director will review plan for the day and review coaches daily schedule and responsibilities.

8:45 AM - Preparations

- » Staff meeting
- » Prepare field of play/ensure safe conditions

9:00 AM - Camper Welcome

- » Parking Lot Duty
Direct traffic in and out of parking lot.
- » Greet and Guide Duty
Greet parents and campers at their car door; escort campers from their cars to orientation area.
- » Grouping Duty
Assist campers in locating coach's designated area; engage early arriving campers in a group game. Help supervise campers whose coaches are on Parking or Greet duty.

UNDERSTANDING THE WHOLE-PART-WHOLE METHOD OF INSTRUCTION

Whole-Part-Whole instruction is a teaching methodology that breaks learning down into three parts: Presentation (Whole), Practice (Part) and Production (Whole). In the presentation, you are showing the whole motion or movement of the skill which will create the end goal for participants. Examples include: 1) Dribbling down and back in basketball with each hand to present dribbling. 2) The act of swinging the bat in baseball to show hitting. Next, you break the motion down into parts to practice the skill. Examples include: 1) In soccer you introduce vision, stance, toe tapping and footwork to teach dribbling. 2) In basketball you introduce stance, eyes and ball control to teach dribbling and ball handling. In addition, this practice phase will include skill-based games and drills to aid in learning (i.e. knock out, truck & trailer, throw & follow, relays, etc.). Lastly, comes the production, which brings the skill back to a whole in the form of game situations and scrimmages that focus around a specific skill. Whole-Part-Whole instruction allows children of all ages the opportunity to learn a skill in a way that puts all the key pieces together and sets them up for success. This method of instruction is a valuable tool for all Skyhawks coaches and directors when teaching skills of the day.

ORIENTATION SYSTEM

Orientation is an opportunity to formally introduce Skyhawks and our philosophy to the campers and parents in each location we serve. During this time, it is essential that the director and the entire coaching staff demonstrate the utmost professionalism.

The main objectives of orientation are to:

- » structure the beginning
- » welcome campers and parents
- » present our program and procedures
- » invite parents to watch throughout the week
- » earn parents' trust and confidence
- » make sure every child is accounted for and is properly signed up

After the director has given an introduction of the camp and staff, the coaches initiate the following steps:

- » Call groups, one age at a time
- » Escort groups to their assigned coach's area
- » Give personal introductions within each group
- » Play the "Name Game" to learn all camper's names in the group and begin developing a rapport with each camper
- » Remind campers to bring their ball each day and meet each morning at a designated area
- » Explain the day's activities, etc

Name Game

Sitting in a circle, the first person says his/her name. The second person repeats the first person's name and then says his/her own name. The third person repeats the names of the first and second person then says his/her own name and so on until the last person has repeated all the names. Then it is the coach's turn! You should know all of your participants' names within the first two hours of camp.

GATE SYSTEM

Dismissal

- » As with the orientation, it is essential that the dismissal be organized, prompt, and professional
- » With five minutes left in class, end your games and scrimmages (no sooner, no later)
- » Gather all your kids, balls, bags, etc.; and bring them to the "gate"
- » Do not break down your area – that will be done after class
- » By the end of the class director will distribute lost and found items
- » Review the skills that were learned during the day
- » Preview next week's schedule and remind kids what to bring
- » Designated coaches go to the parking lot while others are gate keepers

Side Note

Most parents only see the program at the beginning and the very end... be professional and ENTHUSIASTIC!!!

WARM-UP AND STRETCHING

A proper warm-up prior to playing any sport is important to prepare the body for strenuous activity and reduce the chance of injury. Start slowly and gradually increase the heart rate. Relate the warm-up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the day.

WARM-UP

A thorough warm-up is required prior to playing sports. A light jog or follow the leader is recommended before campers stretch. Perform light warm-ups that are common in the sport (i.e. goal to goal, stairs, running backwards, etc.) Some suggestions:

- » Light jog followed by dynamic stretching
- » Follow the leader
- » Relay races
- » Bouncing in place
- » Steps and ladders
- » Tag or camp games

STRETCHES

PRACTICE DYNAMIC STRETCHING, NOT STATIC.

There has been a paradigm shift from static stretching toward dynamic stretching. Traditional static stretching involves moving a joint as far as it can go and holding it for a length of time, typically 30 to 60 seconds.

Dynamic stretching, however, is movement-based stretching. Today, coaches are making sure that young athletes are ready to play by incorporating dynamic stretching into the warm-up routine before practices and competitions. Dynamic stretching focuses on actively moving the joints and muscles (usually 10 to 12 repetitions for any given dynamic stretch) with sport-specific motions targeting necessary muscle groups to increase the power, flexibility and range of motion needed for enhanced performance.

STRETCHING ROUTINE

- » Ankles
- » Hamstrings
- » Buttocks
- » Back
- » Arms
- » Calves
- » Quads
- » Groin
- » Neck
- » Shoulders

MULTI-SPORT – CAMP PLANNING TOOL

This Multi-Sport camp planning tool is designed to guide you in the planning process for both half-day and full-day Multi-Sport camp formats. The following sports are the four most common sports included in Multi-Sport programs. They are listed here along with their skills and a note on where to reference for additional information on drills and games. If you have a Multi-Sport camp that includes a sport that is not listed here, please reference that sport's manual for more information on skills.

Basketball

Reference "Basketball Camp Manual" in Coaching Resources

- » Warm-Up
- » Dribbling and Ball Handling
- » Passing
- » Shooting
- » Defense and Rebounding
- » Game Day

Flag Football

Reference "Flag Football Camp Manual" in Coaching Resources

- » Warm-Up
- » Ball Handling
- » Passing
- » Receiving
- » Running
- » Defending
- » Super Bowl

Soccer

Reference "Soccer Camp Manual" in Coaching Resources

- » Warm-Up
- » Juggling
- » Dribbling
- » Passing
- » Ball Control
- » Shooting
- » Defending
- » World Cup

Baseball

Reference "Baseball Camp Manual" in Coaching Resources

- » Warm-Up
- » Hitting
- » Throwing
- » Fielding
- » Baserunning
- » Pitching
- » World Series

Please refer to sport-specific manuals in your Coaching Resources for drills and games. Reference next two pages of manual for planning templates you can print and fill out for your camp!

SCHEDULE PLANNING TEMPLATE (PRINT & FILL OUT)

HALF-DAY

TIME	DUTY
	Welcoming Duties
8:30 A.M.	» Parking lot duty
	» Greet parents and campers
9:00 A.M.	Camp Begins/Warm-Up/Stretch/Small Groups
	Skill of the Day - Sport #1: _____
	Drills & Games:
	#1)
9:10 A.M.	#2)
	#3)
	Notes
9:55 A.M.	Water Break
	Skill of the Day - Sport #2: _____
	Drills & Games:
	#1)
10:00 A.M.	#2)
	#3)
	Notes
10:50 A.M.	Camp Game: _____
11:00 A.M.	Snack and Water Break
	Skill of the Day - Sport #3: _____
	Drills & Games:
	#1)
11:05 A.M.	#2)
	#3)
	Notes
11:55 A.M.	Review/Camp Good-Bye
12:00 P.M.	Camp Ends

SCHEDULE PLANNING TEMPLATE (PRINT & FILL OUT)

FULL DAY

TIME	DUTY
	Welcoming Duties
8:30 A.M.	» Parking lot duty
	» Greet parents and campers
9:00 A.M.	Camp Begins/Warm-Up/Stretch/Small Groups
	Skill of the Day - Sport #1: _____
	Drills & Games:
	#1)
	#2)
9:10 A.M.	#3)
	Notes
9:55 A.M.	Water Break
	Drills & Games (Continued):
	#1)
	#2)
10:00 A.M.	#3)
	Notes
10:45 A.M.	Snack/Water/Optional Camp Game: _____
	Skill of the Day - Sport #2:
	Drills & Games (Continued):
	#1)
	#2)
10:50 A.M.	#3)
	Notes
11:35 A.M.	Water Break

TIME	DUTY
	Drills & Games (Continued):
	#1)
	#2)
11:40 A.M.	#3)
	Notes
12:30 P.M.	Lunch
1:00 P.M.	Warm-Up/Stretch/Camp Games: _____
	Skill of the Day - Sport #3: _____
	Drills & Games (Continued):
	#1)
	#2)
1:30 P.M.	#3)
	Notes
2:10 P.M.	Water Break
	Drills & Games (Continued):
	#1)
	#2)
2:15 P.M.	#3)
	Notes
2:55 P.M.	Review/Camp Good-Bye
3:00 P.M.	Camp Ends