

Soccer Camp Daily Overview



Skyhawks Sports Academy - Private and Confidential

Half-Day 9am-12pm Schedule

Camp Opening	Dynamic Warm Up/Camp Game	Skill of the Day Instruction	Skill of the Day Drills & Games	Snack Break	Camp Game	Skill of the Day Drills & Games	Scrimmage Activities	Camp Close
10 minutes 8:50 - 9:00am	20 minutes 9:00 - 9:20am	5 minutes 9:20 - 9:25am	55 minutes 9:25 - 10:20am	15 minutes 10:20 - 10:35am	15 minutes 10:35 - 10:50am	45 minutes 10:50 - 11:35 am	20 minutes 11:35 - 11:55am	5 minutes 11:55am-12:00pm
Coaches should be playing a game with the children as Director checks in the rest of the group.	Include a discussion about the Life Skill of the Day during this period. On Tues-Fri, play Camp Games that incorporate sport skills taught earlier in the week to review.	Sports instruction must begin within first 20 minutes of camp. Introduce sport skill using Whole-Part-Whole. Use 3-4 simple coaching cues.	Plan 2 drills & 2-3 games with a water break in between each activity.			Plan 2 drills & 2 games. Okay to use activities that practice skills that have been taught early in the week.	See Tournament Day page for ideas. Start scrimmage 10-15 min earlier on final day.	Review Sport & Life Skills of the Day before dismissal.

Full-Day Extended 12-3pm Schedule*

*Refer to Half Day Schedule above for 9am-12pm schedule

Lunch	Camp Game	Skill Based Drills & Games	Camp Game	Skill Based Drills & Games	Scrimmage Activities	Camp Close
40 minutes 12 - 12:40pm	20 minutes 12:40 - 1:00pm	40 minutes 1:00 - 1:40pm	15 minutes 1:40 - 1:55pm	40 minutes 1:55 - 2:35pm	20 minutes 2:35 - 2:55pm	5 minutes 2:55 - 3:00pm
Refer to "Rainy Day" activities if campers finish eating early.		Plan 1 drill & 3 games. Okay to practice skills taught earlier in the week.		Plan 1 drill & 3 games. Okay to practice skills taught earlier in the week.	See Tournament Day page for ideas. Okay to start scrimmage 10-15 min earlier on 3rd & 4th days.	Review Sport & Life Skills of the Day before dismissal.

Soccer Weekly Skill-of-the-Day

Main Skill-of-the-Day	Monday: Respect	Tuesday: Teamwork	Wednesday: Inclusion	Thursday: Leadership	Friday: Sportsmanship
	Dribbling	Passing	Shooting	Ball Control	Review all skills

	Dribbling	Passing	Shooting	Ball Control
Skill Breakdown	1. Eyes up to scan the field 2. Soft touches on the ball, using all surfaces 3. Keep the ball close to body in traffic 4. Explode into space	1. Non-kicking foot planted next to ball - toes facing target 2. Kicking foot firmly locked 3. Strike the ball firmly with inside of foot	1. Non-kicking foot planted next to ball - toes facing target 2. Toes of kicking foot pointed to the ground 3. Strike ball with shoelaces with chest over the ball 4. Follow through by driving knee of kicking foot to the sky	1. Eyes on the ball 2. Body behind the ball 3. Cushion the ball 4. Keep ball close to body

Soccer Skill Drills & Games

Dribbling Drills

1. Fancy Feet - *Tap the Coconut – tap the ball with alternating feet like marching in place. Keep increasing speed. *Circle Around Earth and Land on the Moon – balance on one foot, circle one foot around the ball, set foot on ball in soccer stance (landing on the moon). Repeat 4 times. *Ping Pong – tap the ball back and forth between feet. *Spinner – pull the ball back while moving in a circle. *Rock 'N Roll – continuously roll the ball under your foot from heel to toe. Progress to rolling the ball from the inside to outside of the foot.

2. Dribble Directions - Coach stands at one end of the play area. Kids stand at other end with ball. When coach says “GO”, the kids start dribbling towards coach. Coach uses hand signals to get the kids to change directions. Point left = turn left. Point right = turn right. Parallel arms at chest level = dribble at coach. Crossed forearms in an “X” formation = STOP in the soccer stance

3. Dribble, Turn & Escape - Divide players into pairs, with one ball each. Players dribble the ball towards each other. At the mid-point of the grid, players’ turn and dribble back to their starting positions. Players should accelerate after turning.

4. Shake & Bake Drill - Two cones should be placed approximately ten yards apart. Two players are positioned on each side of the cones. No player may cross over the imaginary line, and the defender may not try to steal the ball. The player in possession of the ball must use body fakes, head fakes and a variety of dribbling moves to upset the balance of the defender. A goal is scored each time the dribbling player can lose the defender and stop the ball dead at either of the cones. Try to face the defender at all times.

5. 30 Sec Sheilding - Divide your group into pairs. One ball per pair. One player starts with possession of the ball in the center of a grid approximately five yds by five yds. On the coach’s command, the defender has 30 sec to see if they can win the ball from their partner. The player with the ball must protect the ball within the boundaries of the grid. If the player with the ball loses it, they then become the defender. The player who has the ball at the end of 30 sec wins a point.

6. Show Me the Moves - The group is positioned in a grid 20 by 20 yards. Each player has a ball. The practice starts with the players dribbling their ball freely around the inside of the grid. The players must instantly react to a series of commands from the coach. The commands are: “Stop” – Stop the ball using the sole of the foot. “Turn” – Change direction 180 degrees. “Step Over” – Perform a step over move over the ball. “Fake” – Fake to pass or cross the ball. “Explode” – Change speed rapidly into an open area.

Dribbling Games

1. Knock Out - Players dribble around while trying to knock each others ball out of the grid. If their ball gets knocked out they need to dribble to the coach, complete some dribbling moves and then can re-enter the game.

2. Gates - Create 6-8 “gates” all around the play area. A gate is a pair of cones set side by side about 2-3 ft apart. Try to keep the cones color coordinated. One ball per pair of players. When coach says “GO”, partners pass through as many gates as they can in 1 minute. They should be counting their score. Play this game for 3-5 rounds.

3. Steal the Bacon - Form two teams. Each team lines up on the sidelines. The coach will give each pair of players a number. Players must remember their number. When players hear their number, they run towards the bacon (soccer ball). Players will play 1v1 for 30 seconds. First player to dribble the ball back across their team’s line scores a point for their team. The team with the most points wins!

4. Octopus - Mark off a square about 15 x 15 yards. Choose one or two volunteers to be “Driver Dans”. Line up the rest of the kids at one end of the square. The object of the game is to dribble the ball from one end of the square to the other, then stop. If a players ball is kicked from the square then he or she is to sit down on the exact spot and become an Octopus. An Octopus may not move his bottom from the ground, but if he succeeds in picking the ball from a dribbler’s foot, then that person is also out and must sit down. Last child with a ball is the winner.

5. Tiger in the Middle - Mark off a square 20 by 20 yards. Have all players move about with their balls in the square. Choose one player to be the “tiger”. When he/she is released, all players try to avoid him/her and shield their ball from being knocked out. Players who lose their ball become tigers too. The last player left is the winner.

6. Hold the Line - Three players with a ball each are positioned on the end line of a grid ten by 20 yards. A defender is placed on the halfway line. On the whistle, the players dribble as quickly as possible and try to get to the opposite end line while avoiding the defender. A goal is awarded for each successful attempt. The drill is then repeated from the opposite side. If a player is disposed by the defender, they then take the role as the defender.

7. Stuck in the Mud - Mark off a square 20 by 20 yards. Choose two or three volunteers. Players enter the square with their balls and dribble around. Those that are it try to tag as many people as possible. If a player gets tagged he picks up his/her ball and holds it above his head and shouts, “I’m stuck”. If another player is able to kick a ball through his legs that player can move again. The game ends when all the players are frozen.

8. Zap the Gorilla - Each player has their own ball. Coach is the Gorilla. Coach slowly moves around the field. Kids dribble around and follow the gorilla. They try to kick their soccer ball at the gorilla’s feet or legs. This is how they “zap” the gorilla. If they zap the gorilla, coach will react loudly and say, “Ooh ooh, aah, aah, you hit me....aaaaahhh!” Repeat for 1-2 min.

Ball Control Drills & Games

1. Cushion Control Relay - Two players are positioned in a grid ten by ten yards. The server throws a looped pass to the receiving player. The player runs towards the server and receives the ball from the server. The receiving player must control the ball using the foot, thigh or chest.

2. Turn and Control - In pairs, have one partner stand behind the other with the ball. The person in front runs until his/her partner yells “now”. At that time, his/her partner will throw the ball and the runner must turn, control it and dribble it back to his partner.

3. High Five - Divide players into pairs with one ball. Alternate throwing a ball in the air for their partner to control after one bounce. Players can control the ball with the feet, thighs, or chest.

4. Soccer Baseball - One strike or one foul and the batter is out. A fair ball that is controlled out of the air and juggled 3 times by one player is a triple play. A fair ball that is controlled 3 times between any 2 or more teammates is a double play. The ball must be controlled in the pitchers mound to stop the runners. Any runner stopped between bases is out. After 3 outs, both teams have 5 seconds to switch before the next pitch. If the ball rolls over the plate and the correct player is not there to kick it, that player is out.

Passing Drills

1. Partner Passes - Pair up the kids and have them spread out in the play area. Tell the kids to pass back and forth to each other for a set amount of time (ex. 2 minutes). Make sure they trap (or stop) the ball with their foot before passing it back to their partner. To increase difficulty, increase the amount of space between partners and/or limit the amount of touches before passing back to partner.

2. Pass on the Run Drill - Two lines face each other about 10 yds apart. First player in one line passes the ball to the first player in the other line. After making the pass, player runs forward to follow their pass and joins the back of the other line. Receiving player traps the ball, passes back to the other line, follows pass, and joins the back of the other line. Keep repeating this cyclical pattern.

3. Numbers Passing Drill - Divide your players into groups of fives. Position each group inside a 20 yd x 20 yd grid, with one ball per group. Each player has a number one through five. The drill starts with number 1 passing to number 2, number 2 must pass to number 3, number 3 must pass to number 4, number 4 passes to number 5 and number 5 must pass to number 1. This sequence is maintained throughout the drill. Each receiving player must shout out their number to attract the attention of the passing player. Modify this activity by changing the order of passes (ex. 5,4,3,2,1 or something random like 3,5,2,1,4).

4. 3v1 Passing - Three players are positioned within a grid ten by ten yards. The three players must try and keep possession from the defender. The three players in possession may move anywhere within the grid. The defender’s objective is to steal the ball. The defender switches on coaches’ command, when a ball is stolen or after a bad pass.

5. Target Passing - A small group of players are positioned at one side of the grid with the server at the opposite side. Each player alternates receiving a rolled pass from the server. Players should try to pass the ball “first time” through the two cones, turn and join the end of the group. A point is awarded for each pass returned on the ground and through the cones.

6. Rolling Donut - Line up the kids in a straight line, each with a ball. Coach stands at one end of the line with all the Hula hoops. Stand about 5-10 ft away from the line of kids. Coach rolls the Hula hoops one at a time in front of the line of kids. The kids try to knock over the hoop with a smooth pass. Once coach has rolled all the hoops, collect them off the ground and start over at the opposite end of the line.

Passing Games

1. Gates - Same set up as the dribbling version. This time, players pair up and must pass the ball through the gates to score points.

2. Soccer Marbles - Use the center circle or mark off a circle approximately ten yards to 15 yards wide. Place a ball (marble) in the center of the circle. Each player has a ball (marble) and is positioned around the perimeter of the circle. In turn, players try to get their marble (ball) as close as they can to the center marble. The closest ball to the center marble wins a point.

3. Knock Down the Cone - Four players are positioned in a grid ten by ten yards. Players work in pairs with their partner on the opposite side of the grid. On the coaches’ command, the first pair to knock down the cone in the center of the grid wins. One of the losing pair must stand up the cone after it is knocked down. First pair to knock down the cone five times wins.

4. Mine Field - Divide your group into pairs, one ball per pair. Place a large amount of cones throughout the grid. Pairs work together to get the ball to the opposite side of the grid while passing around as many cones as possible. A point is awarded for each good pass. The ball may not hit the cone. Once the entire group has reached one side, repeat in the opposite direction.

5. Three, Two, One Blast Off - Two players are positioned opposite each other in a grid ten yards by ten yards. Three sets of cones are placed down the center of the grid. The cones should be positioned as a set of three, set of two and a single cone. Players work as a team to knock down all the standing cones, starting with the set of 3.

6. Out of My Yard - Set up a line across the play area with disc cones. Divide up the balls and the kids evenly and place half of the balls and kids on one side of the line and the rest of the balls and kids on the other side. Tell the kids the objective is to “Get those balls out of their yard and into their friends’ yard!” Have the kids kick the balls for a couple of minutes. Whichever team has the least in their yard, wins. Repeat 3-4 times.

Shooting Drills

1. Shooting Basics - Two players are positioned in a grid ten yards by ten yards. One player is the goalkeeper, the second a receiver. The goalkeeper stands in between the two cones and rolls the ball towards the receiver. The receiver steps towards the ball and lightly shoots the ball at the goal.

2. Shooting Both Sides - Three players are positioned in a grid 20 by 20 yards, using one ball. One player is placed on each side of the goal and the third acts as a goalkeeper. The goalkeeper starts the practice by rolling the ball to one of the players. The player tries to score past the goalkeeper. The ball must travel between the cones and below head-height of the goalkeeper to count. The shooter on the other side retrieves the ball and gives it back to the goalie. After five shots, the goalie passes it to the other shooter. Rotate the goalie.

3. Give, Go & Shoot - The first player in line passes the ball to the coach for a return pass. The coach returns the pass “one touch” for the shooter to hit first time. Immediately after shooting the ball the shooter must look to follow through for any rebounds from the goalkeeper. The shooter then joins the group at the end of the line.

4. Shooting Relay - Four players are positioned in a grid ten yards by 15 yards with one player as the goalkeeper. The practice starts when the first shooter in line pushes the ball forward and shoots at goal. After shooting, the players must retrieve the ball and return to the starting position and join the end of the line. Players should alternate roles of the goalkeeper.

Shooting Games

1. Power & Finesse - If using a large goal, one player is the goalie. If using a small PUGG goal, no goalie. All other player line up about 20 yards from the goal. Each player will have two shots on goal. Coach rolls the first ball out to the player, who strikes a long shot on goal. Immediately after the long shot, the player sprints towards the goal where coach will roll another ball softly - player uses a softer touch to shoot on goal. Player must score on one of the two shots or else he is eliminated and helps retrieve balls. Keep playing until all but one player is eliminated.

2. World Cup Shooting - Players are divided equally into two groups. One group is positioned behind the goal to recover missed shots. The second group is split equally and positioned at two cones placed at the edge of the penalty area. The coach serves the ball from the side of the goal. Serve the ball on the ground and between the two cones placed approximately ten yards from the goal line. The ball must be struck after it passes through the cones. Any ball struck before passing through the cones does not count. The group works as a team to see how many goals they can score in three minutes. After the three minutes, all goals are totaled and the groups alternate.

3. Shooting Race - Three players are positioned in a grid 20 by 40 yds, using one ball. One player is placed on each side of the goal and the third acts as a goalkeeper. The goalkeeper starts the practice by rolling the ball to the field player. Once the ball is controlled, the two players step off the line, one is offense the other defense. Commence 2v1 play, trying to score on the goalkeeper.

4. Battle of the Champions - Players are divided into groups of 3 players. Two groups are placed inside the penalty area, the remaining groups positioned outside the perimeter of the box. The coach starts the game by serving the ball into the penalty area. Players play 3v3. First team to score stays on. Losers leave grid and position themselves on the outside of the grid. New team comes into the box. Teams stay on as long as they keep winning. Team in possession can use the outside players to pass too.

Soccer Tournament Day Overview

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Half-Day 9am-12pm Schedule

Camp Opening	Dynamic Warm Up/Camp Game	Favorite Skill Based Games	Snack Break	Camp Game	Skills Challenge	Scrimmage Activities	Award Ceremony
10 minutes	20 minutes	50 minutes	15 minutes	15 minutes	20 minutes	50 minutes	10 minutes
8:50 - 9:00am	9:00 - 9:20am	9:20 - 10:10am	10:10 - 10:25am	10:25 - 10:40am	10:40 - 11:00am	11:00 - 11:50am	11:50am - 12:00pm
	Campers get to choose their favorite Camp Game after the Dynamic Warm Up.	Play 4-5 of the campers' favorite sport skill games throughout the week. Ask for suggestions on Thursday.		Campers' Choice	See Skills Challenge suggestions below.	See Scrimmage Recommendations below for ideas.	Make it fun for kids!

Full-Day Extended 12-3pm Schedule*

*Refer to Half-Day Schedule above for 9am-12pm schedule

Lunch	Camp Game	Favorite Skill Based Games	Camp Game	Scrimmage Activities	Camp Close
40 minutes	20 minutes	50 minutes	15 minutes	45 minutes	10 minutes
12:00 - 12:40pm	12:40 - 1:00pm	1:00 - 1:50pm	1:50 - 2:05pm	2:05 - 2:50pm	2:50 - 3:00pm
Refer to "rainy day" activities if campers finish eating early.	Campers' Choice	Play 4-5 of the camper's favorite games throughout the week. Ask for suggestions on Thursday.	Campers' Choice. Parents may be present, so choose a game that can incorporate a sport skill.	See Scrimmage Recommendations below for ideas. Option to remove previous Camp Game and extend scrimmage to 60 minutes.	Make it fun for the kids!

Soccer Tournament Day Ideas

Skills Challenge	Three stations that rotate every 7 minutes. Examples are be dribbling contest, shooting contest, and passing relay.
Skill Based Games	Three stations that rotate every 10-15 minutes. Pick the favorite games for dribbling, shooting, passing, and defense. Remember to reinforce 3-4 basic parts of skill.

Scrimmage Recommendations

*Any time you are doing scrimmage activities, have the kids wear pinnies.

Scrimmage Games	
Numbers - Divide the class in half and give them each a number and a colored bib (i.e. one, two, three, four, five purple and one, two, three, four, five orange) Line them up on either side of the goal. When you call their number, they are to run into the center of the designated area while you distribute a ball. The purple team number one goes against the orange team number one one-on-one, trying to score. Repeat several times so the kids get many turns. Advance to calling more than one number. (i.e. three's and five's); then they play two v two, three v three and so on. This is a great lead-in to scrimmaging. Call all the numbers and let them scrimmage.	World Cup - Players are divided up into multiple teams of two. One player (or a coach) will be the goalkeeper not on a team. Have each team pick a country that they will represent. Using half of the field and one ball, have all the teams on the field when the game begins. The coach throws the ball into the middle of the playing area. At this point, play. The object is for you or your teammate to score on the goalkeeper. If the goalkeeper saves the ball, just punt it back into the middle of the playing area. Once a team scores, they leave the game and get ready for the next round. Continue playing with all the other teams. The lone team that doesn't score in that round is eliminated. All the other teams that did score head back onto the field for the second round. Play as many rounds as it takes to eliminate all but two teams. Those two teams then face off in the "World Cup Final" and the team that scores first is the champion.

- Monday: Play Numbers Game (1 vs. 1 on separate goal and not calling many fouls. Introduce basic rules, boundaries, and scoring.)
 - Tuesday: Play Numbers Game (1 vs. 1 on the same goal, one ball and this time calling obvious fouls. If group is skilled, introduce 2 vs. 2. The last 10 minutes introduce 3 vs. 3)
 - Wednesday: Introduce violations (offsides, tripping, pushing). First 20 minutes, start playing 3 vs. 3 with balanced teams. Last 10 minutes, play 5 vs. 5. Ensure that everyone is getting equal touches.
 - Thursday: Playing 5 vs. 5. Coach acts as official and is calling obvious violations. Coach also makes sure that teams are evenly matched.
 - Friday: Create a tournament bracket and play out the Skyhawks Championship!
- REMINDER: Parents want to see their child participate and having fun. Make sure to include everyone during scrimmage.

Ages	Field	Goalie	Scrimmage Notes
5-7 years	30 yards long x 20 yards wide	No goalie	3 vs. 3 or 4 vs. 4. Coach does throw-ins on out of bounds. If one team is dominating, coach throws ball to other side of field. Coach works on involving all players and rotate to different positions if needed.
7-12 years	45 yards long x 20 yards wide	Optional based on ability of kids and net size	5 vs. 5 or 6 vs. 6. Players do throw-ins on out of bounds. If using regulation size goal, goalie is fine.