**For Football Camp Coaches**

Football camp is based on ‘A Day in the Life of a Professional Football Player’. This theme is so that the children can get an experience of being a professional football player and training with the best drills and best managers. To make this realistic we must make sure that we are creating a training ground atmosphere – while also relating it to camp. Each day we have chosen a different football player which specialises in a different area of focus. This document will help you understand the drills better and to give you an in-depth knowledge of how were going to make this the best football camp.

Session plans can sent to you by Rebecca if needed. this document will also give you a few ideas of sessions you can run.

It is **Crucial** that when you are doing the drills you do not have lots of kids sat out, keep them all engaged at all times!

**Arrival**

Children can arrive any time from 8.40am, We want to create a sort of ‘locker room feel’ so an example of this would be putting out cones in two lines opposite each other so that they can put their things down on that area and that can be their area for the day. Putting the cones opposite each other will leave you with a walkway in the middle which you, the coach/manager can use to address the children when explaining the day and for snack breaks etc.

The first activity they have off the day is general free time where there is colouring, sport stations etc.

**Safety Briefing**

The safety Briefing is very important as it informs the children of all of the important safety factors we and they must adhere to during the day. Children can sit on their spot in the ‘Locker Room’ while you deliver the safety brief – You will also be letting them know what activity's they will be doing during the day. As this is the day in the life of a Professional Football Player, we must make sure we are enthusiastic and using good showmanship so that we can create the environment of a professional team.

**Toilet Breaks**

Most children coming to football camp will be bringing football boots with them so please make sure they are taking their boots off in order to go to the toilet so that we don’t bring mud in or make the areas wet or slippery. Make sure you are sending them in groups same as the normal camp procedure, never send a child alone.

**Snack Breaks and water breaks**

Snack break will work as the same as the other camps running timings wise. With Football Camp it is very important children are continually drinking water as they are going to be doing lots and lots of running! Make sure if children want to fill up their water bottles they go in a group of 3 for safeguarding reasons and make sure when you bring the children in for snack you are asking them to fill it up then and go to the toilet then to minimise time lost in the sessions.

**Warm Up**

The warm up is very important when talking about Football Camp – Remember some children will be running around for the whole duration of 8 – 6 so we must make sure we have warmed them up properly to prevent injury. The warm up will consist of 3 activities to raise the pulse, activate the joints and mobilise and potentiate. The warm up should be done without a Football, after the warm up is complete we can then get into ball mastery skills, light passing and light dribbling to get them use to the football.

The warm up should take around 20-30mins

**Shooting drills**

One day a week at camp will be focused on shooting, The morning is more based on teaching the children the correct way to shoot and the different types e.g. first time, finesse, chip, close range, long range.

Soccer AM style YKTD - <https://www.bing.com/videos/search?q=soccer+am+yktd&qpvt=soccer+am+yktd&view=detail&mid=492970CFA3BE4F644030492970CFA3BE4F644030&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dsoccer%2Bam%2Byktd%26qpvt%3Dsoccer%2Bam%2Byktd%26FORM%3DVDRE>

See above an example of some soccer am style drills we can use in our camp sessions! Remember we want to make this a fun competition that gets everyone involved. We can do First time finishing challenges, weak foot only etc

Set piece masterclass – Focus on freekicks,corners, penalties etc

Make sure to have competitions at the end of each masterclass to put what they have just learnt into practise!

**Passing**

The first drill of the day is rondos and passing gate, like the shooting drills, is working on the basics of passing, the control of the ball and the technique on how to pass the ball correctly using he inside of both feet.

Second drill is long passing, focusing on how to get the ball in the air to a teammate, quick switch of play and being able to control the ball into a tight space.

Crossing drills – These can be done individually/in pairs or threes, with a defender or not. Set up 1 crosser on each side of the pitch and simply cross the ball in 5 times on each side. They can work in pairs; you can add a defender in as well. Change the scenarios around.

**Dribbling**

The basics of dribbling can be done in any size box to get the kids feeling comfortable with the ball at the feet. Simply let the kids dribble around and make them do 100 touches on their right foot/left foot and then both feet with as many skills in as possible. At the start of the day let the children do any skills they want to express themselves. This will gain confidence and you will notice a difference later in the day when they do skill against their peers.

After snack break they will have relay dribbling races. Set up a load of cones that they have to dribble through and back before passing to their teammate

1v1s v the coach. This is where they can showcase their skills to the class and the coach. Play a 1-2 with them and let them try and beat you.

**Defending**

1v1 one battle boxes and 2v2 skill games. In a small grid with small goals play a 1v1. Focus is on defending so every successful tackle is worth 1 point. First player to 3 points wins/2 min timer is up.

King of the ring is the 2nd drill. Set up a box and have every kid dribble a football around. The idea is to kick other people's footballs out the area whilst protecting yours.

Attack vs Defence split into 2 teams. One team defend for 3-4 mins and one team attack for that time. Every time the ball goes dead it restarts with the attacking team.

After 3-4 mins the teams switch around

**Friday**

Friday at camps is a bit of football fun for the children where we can combine all the skills, they have learnt into a fun day for them! This day is a lot of match based situations but make sure you add in the challenges!

Minigames – Football tennis where they have to keep the ball up or allow one bounce before serving it over to the other team, Crossbar Challenge from various angles, Headers and volleys, where the only way you can shoot and score is through a header or volley.

Futsal Frenzy – Fast aced tournament style where we want the kids to how off their skills! Keep team numbers in around 5 to 6 and have quick matches of 3 –4 minutes so it is fast and action packed!

Spanish Tiki Taka- Time to play like the Spanish! Like futsal in a way with tournament style and very fast paced but bringing in challenges such as one to two touches only!

Footballs got talent: The kids who want to participate in this can either perform individually or in groups of 2-3. They will have a maximum of 2 mins to showcase any skills they want. This can be keepy ups, stepovers etc. The best 2-3 go through to a final

**Matches- Focused**

This part of the day is very important, we are combining all that the children have learnt into focused games, put the children into two teams.

Passing – each 5 passes equal a goal – number can be changed depending on ability, how many passes you make = how many goals scored.

Shooting – Weak foot shots only, trick shots only, outside of the box goals only, inside the box only

Dribbling – two touches only,

Defending - each intercepted pass is a goal, each tackle is a goal,

World cup tournament – Split the kids into equal groups and let them pick a nation, this will be their world cup team, have teams play in a quick tournament style, e.g., 5-minute games or each two goals swap teams – it is very important we don’t have children sat out for ages!

**Matches**

This time is just for , two 15-minute Halfs where the kids can just play, make sure you referee the game fairly and stop halfway to allow a drinks break.