



BEST SOCCER SKILZ CAMP

Half Day Camp Daily Schedule

Throughout the week, all players will learn individual skills and transfer these skills into game situations.

Players will focus on developing advanced skills and applying them in game situations to outwit their opponents. Furthermore, tactical knowledge will be developed. All players will be assessed by their coach continuously throughout the camp week.

A typical Half Day or Three Hour Camp may include the following activities. Please note, activities may vary depending on location and number of camp participants.

Activity	Duration	Topic	Key Points
Warm Up	20 minutes	Ball Mastery	<ul style="list-style-type: none">• One ball per player• Main focus is to maximize ball contact
Main Activity	70 minutes	Skill Phase	<ul style="list-style-type: none">• Techniques are introduced from unopposed to oppose in order to build player confidence and ability• The aim is to progress from learning and understanding the action to performing the action under pressure• High frequency of repetitions and variety
Break	20 minutes	Rest	<ul style="list-style-type: none">• Enjoyable, culturally-themed activities
Conditioned Activity and Skills Challenge	25 minutes	Game Related	<ul style="list-style-type: none">• Small-sided group play• Conditions added to reinforce the application of skill and to build player confidence• Activities to goal with many attacking and defending opportunities• Individually-based daily skills challenges operated along small-sided games
FA Cup	40 minutes	FA Cup	<ul style="list-style-type: none">• Session finishes with a competitive FA Cup tournament
Analysis of Session	5 minutes	Player Task	<ul style="list-style-type: none">• Review of daily topic and introduction to next session. Player's task set for next session.