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The Campers are here to learn!
Make it fun
be exciting
share the passion
Sunday:
3:30 to 5:50  Main Session 1 – individual in possession of the ball and basic ball handling.

Monday:
8:30  Set up your area
8:45  Start Getting Players together
9:00  Individual Skill work and Taps
9:30  Start Main Session 2
10:45  Finishing activity
11:15  Scrimmage with the conditions of the session
12:00  LUNCH
1:15  Set up Session 3
1:30  Individual Skill work and taps
2:00  Start Main Session – Defending
3:30  Finishing Activity
4:00  Games
5:00  End

Tuesday:
8:30  Set up your area
8:45  Start Getting Players together
9:00  Individual Skill work and Taps
9:30  Start Main Session 4
10:45  Finishing activity
11:15  Scrimmage with the conditions of the session
12:00  LUNCH
1:15  Set up Session
1:30  Individual Skill work and taps
2:00  Start Main Session 5
4:00  Finishing Activity
4:30  End
6:00  Set up field
6:30  Matches
8:00  End

Wednesday:
8:30  Set up your area
8:45  Start Getting Players together
9:00  Individual Skill work and Taps
9:30  Start Main Session 6
10:45  Finishing activity
11:15  Scrimmage with the conditions of the session
12:00  LUNCH
1:15  Set up Session
1:30  Individual Skill work and taps
2:00  Start Main Session 7
3:30  Finishing Activity
4:00  Games
5:00  End

Thursday:
8:30  Set up your area
8:45  Start Getting Players together
9:00  Individual Skill work and Taps
9:30  Start Main Session 8
10:45  Finishing activity
11:15  Scrimmage with the conditions of the session
12:00  LUNCH
1:15  Set up Session
1:30  Individual Skill work and taps
2:00  Start Main Session 9
4:00  Finishing Activity
4:30  End
6:00  Set up field
6:30  Matches
8:00  End

Friday:
8:30  Set up your area for games.
8:45  Start Getting Players together
9:00  Individual Skill work and Taps
9:30  Taps and Skill competition
10:00  Games
11:30  Camp Awards
12:00  Camp

SUCCESS COMES IN CANS, NOT CANT’S.
Expectations for a Staff Member:

- Be early.
- Set up your activities before hand and between breaks.
- SUPERVISE YOUR CAMPERS AT ALL TIMES>
- Be Prepared Prep the session before you start it—Either memorize or have a small cheat sheet. Only look at manual if you need reference.
- BE POSITIVE.
- DEMAND work through enthusiasm
- Be hard early and loosen up discipline as the week goes on.
- Bad behavior is unacceptable—Warn—Sit out—Let me know if you get to the third chance.
- Kids want to work and improve—push them to excel
- Be aware of heat
- Know your kids names.
- BE ENTHUSIASTIC!!!
- Give clear instructions.
- Modify to find success based on age level
- NEVER BELITTLE A KID.
- Make it fun.

HEAT HEAT HEAT

- Be careful with the heat.
- Plenty of Water breaks if it is really hot. 10 minutes work and five minute breaks
- If a player complains about heat get them into the shade and give them water. We haven’t had many problems but be careful.
- Make sure you take care of yourself.
- SUN SCREEN don’t get burned yourself.
- WHEN IN DOUBT HAVE THEM SIT OUT!

EXPECTIONS FOR EVALUATIONS

- Be Positive
- Any criticism should be added with positive instruction of how to improve.
- VERY VERY VERY FEW 1’s
- Very Few 4’s
- Write how you enjoyed working with the player and give them a positive encouragement to return.
- Write neatly
- Make sure you have correct spelling of the names.
- Remember the sandwich method for criticism. Positive criticism positive. EXAMPLE: You do a great job with striking the ball, I’d like to see you use your left foot more and use the correct technique. I know that this will take you game to the next level.
- NO SNIDE REMARKS.
- Find the Positive and don’t let the best remark you have be – Hey you really were great at water breaks.
TAPS ARE
TECHNIQUE
AGILITY
PERCISION
SPEED
WITH THE BALL

TAP MOVES
1. Taps
2. Zap
3. Triangle
4. Pull Push with not taps
5. Croif 90
6. Croif 180
7. V (Pull pivot push)
8. Full Sole Roll
9. Garannicha
10. Garannicha Lift the ball juggle a set number and catch on foot and pull between the legs.
11. Heel Back Roll forward
12. Roll sideways and roll forward
13. Single Step-over
14. Single Step-over with a #2
15. Double Step-over
16. Inside - Outside of the same foot
17. Lifts
18. Across the body with the outside of the foot
19. Full sole roll step around pivot and catch
20. Heel roll step around heel roll
21. Twister with the toe
22. Croif 90 with a V
23. Out - In
24. Step-over with a V
25. Step-over with a croif 90

ACTIVE REST AND FILLER ACTIVITIES

Fillers are activities you can use to as resting activities or to fill time during a water break. They are semi-active activities that are not too strenuous and have an element of fun.

✓ Lifts – Have players try to lift the ball up on their foot off the ground
Lift and catch have them lift the ball with their foot and catch
Behind the neck
On the other foot
Behind the leg
Fore head

✓ Juggling
Feet
Thigh
Head
Around the world – Right foot, right thigh, right shoulder, head, left shoulder, left thigh, left foot.
High low
In pairs:
Build up serve counts as 1 then next player does 2 then back for 3 and up to 10 and back down.
Call it player serves in and calls a number 1 to 5 the player juggles that much and on the last touch serves it back calling a number.

✓ Line heading ball is served player by player to the back and then sent back to the front where it is repeated until the server gets back to the front

✓ Divide into two teams A player serves the ball in from about 10 yards in the air – every player has to take a touch while in the air and last player brings it down and they go serve until the server gets back to the front.

✓ Head it Catch it game

RBSA
www.rbsa.co.uk
Theme—Individual Skill Session—Where players will be asked to get touches on the ball and explore the concept of space with a ball.

Start With Taps—Introduce 1 to 5

Make sure that you have a test where you write down how many

Taps a player does in 20 seconds.

Also test them on the N-test for 20 seconds.

RECORD THE RESULTS

In a grid 30 yards by 30 yards—lay out some cones in the middle.
—dribble around and have player use the six different surfaces of the foot: Inside, outside, laces, heel, toes, and soles.
—When players dribble around when they get to a cone they change direction. Then they change pace.
—Progress to have them throw in a fake or feint then change direction and pace

Play escape the zombies

Grid size 40 yards long and 30 yards wide with a five yard endzone—so the center grid is 30 by 30

Players in the safe zone have to dribble to get to the safe zone and protect your brains (the soccer ball) Zombies try to take your brain and get cured.

To start zombies must say "Brains - Brains - Bring me Brains!"

Play 20 minutes of 3 minute games 4 games with 2 minutes between

Shielding (about 30 minutes)
- Ball on the ground in pairs and use the hand
- Ball on feet.
- 1v1 to one cone

Fox in the hen house. Chickens have the ball and dribble around a grid. The foxes—choose a number that is less than half try to steal an egg. The foxes become chickens and the chickens then become foxes.

Scrimmage 4 v 4

Active cool down with Juggling Stretch
Start With Taps—Introduce 1 to 10

Make sure that you have a test where you write down how many Taps a player does in 20 seconds.

Also test them on the N-test for 20 seconds. **RECORD THE RESULTS**

In a grid that is 30 yards by 30 yards set out different color cone gates about 1 or 2 yards across. Have at least two more goals than players. Have the players dribble through as many goals as possible in 60 seconds. See if players can beat their own record.

COACHING POINTS: after dribbling through the gate, look to see open space and find the next gate—no two players can go in the gate at the same time—use good dribbling technique—change the pace as you go through the gate. VARIATION: Have players do a fake or feint before they go through the gate.

**PROGRESS TO PIRATES OF THE CARRIBIAN:** In this game two or three players do not have balls. Players try to dribble through as many gates as possible. The Pirates run around and try and steal some treasure. If a player loses the ball they become a pirate—no steals back in this game—and have to steal some treasure. Rotate pirates after a minute or two—if it is too easy add more pirates. COACHING POINTS: Vision—see the open sea (space) and go away from the pirates—use change of direction, change of pace and fakes and feints to protect your gold.

**1 VERSES 1 to Multiple goals:** Use the same set up as you have—but only have 1 more gate or goal than there are pairs. Have the players pair up one is has the ball and the other is the defender. For 90 seconds, the attacker tries to score as many goals as possible. The defender tries to take the ball—if they do then they let the attacker get the ball back and play resumes—after one full round (both players attack and defend) they switch partners. COACHING POINTS: Change direction—pace—fakes and feints.

Progress to 1 verses 1 in a 15 yard by 15 yard Grid. Have enough grids for each pair to have a grid. One side is the defender side and the other side is the attacker—the attackers get three reps and the roles change. The objective is to dribble over the end line. Keep score for two rounds and then switch partners.
Grid size 40 yards long and 30 yards wide with a five yard endzone—so the center grid is 30 by 30

Players in the safe zone have to dribble to get to the safe zone and protect your brains (the soccer ball)

Zombies try to take your brain and get cured.

To start zombies must say "Brains - Brains - Bring me Brains!"

Progress to Scrimmage 3 verses 3 or 4 verses 4.

AFTERNOON SESSION

Theme—Using the 1 verses 1 situation to create a passing lane or goal scoring opportunity

SWITCH-A-ROO: In a grid 30 by 30 or 40 by 40 players dribble around and once they hear a word (make it funny or no=sense word) they stop their ball and then go get another ball and start dribbling. Then progress to stop it with a body part and then you will go get a ball and start dribbling

COACHING POINTS: Get your head up—accelerate to the other ball.

COPS & ROBBERS: Use a 30 by 30 yard grid with two 5 yard channels at each end. Have two Cops in the middle and each player places their ball in the vault at the opposite end. On the command Gold in the Vault! The robbers try to get to the vault and the and take the goal. Players who are tagged must stay in the middle and be available to receive a pass. Cops try to take the gold from the robbers.

Tagged players may receive a pass from a robber and dribble it back to the end zone. Keep score by the number of get-a-ways. NOTE: in this game no one is ever out—tagged players become helpers to the robbers to get the gold back to the end.

COACHING POINTS: look for clear areas to dribble—if closed down is their a pass to get by a defender—value the ball like gold

GET OUT THERE!: in a 30 yard long by 20 wide grid—divide the team in half—number each player 1 to what ever the max is. Then do the same sequence for the other team—try and match up players numbers and skill level. Then you toss a ball out and call a number the number from each line goes in and tries to score. Progress to where you are calling multiple numbers.
AFTERNOON SESSION

Theme—Using the 1 verses 1 situation to create a passing lane or goal scoring opportunity

POP CORN JUGGLE: Have players pop the ball up and see if they can keep it up—they are allowed a bounce in between.

GUARD THE CASTLE: in the same grid—30 yards long by 20 yards wide divide in half. Put either a tower cone or a ball on a disk cone and have this serve as your castle—put the castles at various points of the field. Play 3 v 3 in this game where players either pass or dribble into the opponents castle and destroy it. If the topple the castle—the game starts a new from the center. And the team that knocks the castle down gets to reconstruct it on their side of the field. Play for two or three minutes and switch teams. COACHING POINTS: Can you beat an opponent—can you find a passing alley or lane—vision—decisions on when they are crowded and have to get the ball to a team mate in open space.

SCRIMMAGE—play in a 30 wide by 40 long field and play 4 v 4. have two wide goals at the end and players may score at ether goal in the attacking half of the field.
Start With Taps—Introduce 11 to 15 review 1—10

Make sure that you have a test where you write down how many Taps a player does in 20 seconds.

Also test them on the N-test for 20 seconds. RECORD THE RESULTS

Introduce how to pass with the inside of the foot. In pairs—start with a player holding the ball and the other player steps up and touches it—simulating the passing action

⇒ Take a step and put your plant foot towards the target.
⇒ Toe up heel down on the striking foot.
⇒ Lock your ankle and push the ball with the inside of the foot.

BOB THE BUILDER: In this game divide your players in half. One have are Builders and they place their ball on the cone. The other have are Bulldozers. The Bulldozers dribble around and pass their ball to hit a ball on a cone—once they do—the builders run around and reset the cones. A Bulldozer may not hit the same ball twice. Play for 1 minute and change roles.

Builders may not set up the same cone twice. IF TOO BORING—Allow the builders to pressure the bulldozers.

TWO HEADED SHARK: In a larger grid 30 by 40 every player gets a partner and one ball is between the partners. One pair is called the two headed shark—they run around the grid and try to tag a player with the ball. The player with the ball can escape the feeding frenzy by passing the ball to their partner. If tagged, the player joins their partner to become another two headed shark. COACHING POINTS: Make the space big—pass away from the sharks—vision and awareness of the sharks.

Theme—Passing and Receiving that leads to combining to overcome an opponent.
PASSING SQUARE— make the cones 10 yards by 10 yards. They pass 1 to 2, 2 controls and passes to 3 all players follow the pass. COACHING POINTS: good first touch—correct technique to pass the ball—good weight—accuracy of pass

Go both directions can add if they are advanced 1 to 3 3 to 2 and 2 to 4. pattern

KEEP-A-WAY: Play 3 v 1 in a big twenty by twenty grid and have the three players keep the ball away from the one player—start with the ball in the hands—show them how to move to get open and not to come too close. Change defenders after a minute.

CHAOS BALL MADNESS: Divide your team into 1/3 Red, white, and green. The team with the ball attacks (Green) they dribble in the defenders in white try to steal the ball. The greens can either go 1 vs 1 or combine with a red to get a goal. Keep score for each team. Red goes to defenders—green to helpers—White to attackers. Encourage players to really look to combine when under pressure and if the whites aren’t pressuring (CLOSE) then they need to dribble.

Count the number of goals for each team.

SCRIMMAGE 4 v 4 or 3 v 3
Start With Taps—Introduce 11 to 15 review 1—10

NASCAR AND DRAG RACES:

Set up cones five yards apart. For DRAG RACERS the game is played on go the players dribble up to the far cone and cut it back 180° and race back to the start. You can make them use any 180 move. In NASCAR they dribble up and around the far cone and back. In this one you can make them do a certain number of laps.

GO OVER THE TECHNIQUE FOR STRIKING THE BALL WITH LACES: again in partners start with one partner behind the ball the player steps up and touches the ball with the laces progress to actually passing back and forth.

⇒ Plant foot beside the ball.
⇒ Knee over chest over the ball.
⇒ Strike the ball with laces toe pointed down and make sure the ankle is locked in place. (NO FLOPY ANKLES)
⇒ Step through the ball and land on striking foot—when actually passing

MARIO CART COIN RACER: Set up a 20 yard by 20 yard grid, and place about 20 cones in the center. This game is like the Mario Cart Coin Racer game. Players dribble around and pick up cones for 20 seconds. The difference is the rest of the team is on the outside of the grid with a ball and they try to pass and hit a ball. If the Dribbler gets their ball hit, they must toss their coins up in the air and start over to get cones after they retrieve their ball. NOTE IF IT ISN'T Working then you can just have them run around and pick up the ball and they can be hit below the knees. ALSO when they get hit they must toss the cones up in the air and do a roll. Before starting again. Play for 30 seconds and switch.

Play 3 v 3 TO ENDZONES: set up a 40 by 30 yard grid. On the length 40 yards has two 5 yard end zones have the players play and they score if they can get the ball to the end zone have them pick the ball up and spike it just like the NFL. Encourage players to combine when possible. If you aren’t getting much passing, put a mid line in and say you must pass over any line—mid line end zone to score.

Scrimmage 4 v 4 or 6 v 6.
Start With Taps—Introduce 16 to 20 review 1—15

Make sure that you have a test where you write down how many Taps a player does in 20 seconds.

Also test them on the N-test for 20 seconds. RECORD THE RESULTS

DEFENSIVE RUNS: Set out lines of cones—put the ball on top for show—about 8 to 10 yards apart and enough for 1 cone for each player in line of 8 to 10. On command the players will bend their run at the ball and get in a good ready position (show the shoulder—balanced on the feet—feet moving) on the next go they go to the second cone while the next player goes to the first. Once at the end they jog back.

STOP THE RUSH: In this game make a grid 30 wide by 15 long. 10 yards behind the line put a ball on a cone. The object of the game is for the defenders to stop the rush of attackers from getting over the line. They defend 1 v 1 and as they win the ball, they go back to the attacker line. The attacker wins if they get across the line and a bonus point if they can knock the ball off the cone with a pass. COACHING POINTS: Make sure that players use good stance and foot work.

PROGRESS STOP THE RUSH AND ADD GOALS: put goals out 5 yards behind the line and they can score at any time, but now if the defender wins the ball they can score in the opposite end. COACHING POINT: Transition to attack after the ball is won. Rotate teams and keep scorer.

PLAY 3 v 3 TO 3 GOALS: leave the field now with the three goals and progress to use one ball and go to the three goals. Encourage good defending and transition.

Finish with a 3 v 3 or 4 v 4 regular game.
Start With Taps—1—20

Make sure that you have a test where you write down how many

TEACH YOUR FAVORITE DRIBBLING MOVE

Have players pick the ball up in their hands throw it up and cushion it down with their feet—demonstrate how to roof a ball and use the game who can do this? Demonstrate cushioning and roofs.

GIVE—ME A PASS: In a 30 by 40 yard grid set out gates and station 1/2 the players in between them. The Players with the ball dribble around and pass to the players in the gate and get a return pass—try to encourage 1 touch wall passes but have them play a good ball if they have to take more touches its ok. Players may not pass to the same gate twice. Then progress to the gates on the sidelines and have the players pass the ball to the player and tell them to, “HOLD IT” run around them and say, “NOW”, and the ball is returned.

PROGRESS PASSING THOROUGH THE GATE TO A PARTNER: Players 1/2 with a ball and half without players pass to a player with out the ball and move to an open gate and their partner passes to them through the gates.Keep count of the number of gates they get and remind them they can’t use the same gate two times in a row. COACHING POINTS: Good movement—quality pass—good weight—receive with a good first touch.

Pirate Raiders—Progress to Pass Through the Gate to Keep it Away From the Pirates: Turn a pair into pirates and they try to get the gold (the ball). The players get a point if they pass the ball through the harbor. Pirates try to get the ball and if they do—the two attackers must go get another ball and play again. Keep count of the number of passes through the harbor. Switch Pirates. And make sure that you emphasize movement.

Play 3 v 3 Around the Cone

THEME: Combinations to beat the defense.
Start With Taps—Review taps 1—20 and have a contest for each player to try and make up their own. Make sure that you have a test where you write down how many Taps a player does in 20 seconds. Also test them on the N-test for 20 seconds. **RECORD THE RESULTS**

**INTRODUCE HEADING.**

- Start with the ball in their hands—have them hold it out and strike it with their head—**COACHING POINTS:** Keep eyes open—look at the ball—hit the ball around the forehead—Be like a hammer to a nail you hit the ball and it won’t hurt as bad.

- Self Service they throw the ball up and head it to their partner. Partner throws the ball up and tries to head it back. **PROGRESS AND SEE IF THE PARTNER CAN HEAD IT BACK.**

- **HEAD IT CATCH IT:** In this game you do the opposite of what you are told. If the coach says “HEAD IT,” you catch it, and if they say “CATCH IT” the player heads it—great game to reduce the fear of heading.

- **Coach Service HEAD TO GOAL:** Make two lines and have each team attempt to score by heading to goal. The coach will service each team.

**GIVE—ME A PASS:** In a 30 by 40 yard grid set out gates and station 1/2 the players in between them. The Players with the ball dribble around and pass to the players in the gate and get a return pass—try to encourage 1 touch wall passes but have them play a good ball if they have to take more touches its ok. Players may not pass to the same gate twice. Then progress to the gates on the sidelines and have the players pass the ball to the player and tell them to, “HOLD IT” run around them and say, “NOW”, and the ball is returned.

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**SCRIMMAGE WITH THE FOUR GOAL GAME:** This game is played with—4 goals the twist is one team will score going east west while the other team scores going north—south. Try to put the principles of attack and defense into this. **COACHING POINTS:** Look to score quickly—give an option and don’t go to the ball—Look to pass if a defender is between you and the goal—defensive stance—transition once you win the ball.
Start With Taps—Introduce 11 to 15 review 1—10

Make sure that you have a test where you write down how many Taps a player does in 20 seconds.

Also test them on the N-test for 20 seconds. **RECORD THE RESULTS**

Introduce how Control an air ball with your chest and thigh.

⇒ On the thigh, make sure that the ball hits the meaty part of the thigh and not the knee. When the ball contacts an imaginary button the leg drops to deaden the ball.
⇒ On the Chest—have them as the ball leans back—give a little to deaden the ball so it will drop to the ground.

TWO HEADED SHARK: In a larger grid 30 by 40 every player gets a partner and one ball is between the partners. One pair is called the two headed shark—they run around the grid and try to tag a player with the ball. The player with the ball can escape the feeding frenzy by passing the ball to their partner. If tagged, the player joins their partner to become another two headed shark. **COACHING POINTS:** Make the space big—pass away from the sharks—vision and awareness of the sharks.

ZOOKEEPER: In the same grid as two headed shark, have all but 2 players with a ball. The players with the ball are animals from the zoo and the two defenders, the zookeepers, try to take an animals ball and put them in the cage. Once they steal an animals ball the animal must try to get it back or they get locked up and become a zookeeper as well.

TURKEY SHOOT: In this game two teams play on a 40 yard long by 20 yard wide grid divided into half. (TWO 20 by 20 yard grids together). Players are looking to get in the **attacking half** and shoot a ball at one of the turkeys (a disc cone with a ball on it or a triangle cone). If they do they get a point if not then ball is restarted with the defending team dribbling in..
Start With Taps and review them all
Make sure that you have a test where you write down how many
Taps a player does in 20 seconds.
Also test them on the N-test for 20 seconds. **RECORD THE RESULTS**
Taps competition
Get warmed up
SCRIMMAGE
END YOUR SESSION AT 11:20, get water and head to the stands for the closing ceremony.

AT THE CLOSING CEREMONY:
♦ Thank the players
♦ Give your camper of the week and taps champions
♦ After the conclusion—give your campers t-shirts and evaluations. If there is any problem with sizes, please send them to Camp director
♦ After the campers depart make sure there is no trash—equipment is returned and stowed.