



Youth Soccer Camps – Outline of the Week

Monday

Theme of the Day: Moving, Receiving, Passing!

What will my child learn?

- Camp procedures to ensure a safe and fun learning environment for each player
- Coaching staff and camper names
- Activities to improve balance and core strength
- The where, when and how of moving, passing and receiving

Tuesday

Theme of the Day: 1v1 Attacking

What will my child learn?

- How to use nutrition to improve soccer performance
- The where, when and how of small group attacking and defending

Wednesday

Theme of the Day: 1v1 Defending

What will my child learn?

- How to visualize success
- The where, when and how of 1v1 defending

Thursday

Theme of the Day: Small Group Attacking and Defending

What will my child learn?

- How to recover from mistakes
- The where, when and how of small group attacking and defending

Friday

Theme of the Day: Putting it All Together

What will my child learn?

- How to breathe and focus!
- How to best use practice time on your own or in a group without coaches!

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Sample Day

Time	Activity
9:00 a.m. - 9:20 a.m.	Staff Introductions. Player expectations and safety. Camp chants. Outline of the week.
9:20 a.m. - 9:35 a.m.	Group warm-up with a ball. Activities to improve balance.
9:35 a.m. - 10:00 a.m.	Spatial awareness activities.
10:00 a.m. - 10:15 a.m.	Team building game – Hula Hoop Challenge.
10:15 a.m. - 10:30 a.m.	All camp nutrition break – Coaches Challenge.
10:30 a.m. - 11:00 a.m.	Passing, receiving and moving conditioned games.
11:00 a.m. - 11:10 a.m.	Team building game – Pin Ball.
11:10 a.m. - 11:40 a.m.	Free Play – Show Us What You Learned!
11:40 a.m. - 11:50 a.m.	Individual group equipment collection, cool down.
11:45 a.m. - 12:00 p.m.	All campers – review of the day, player demonstrations.

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