

Daily Camp Program



Monday

Morning	8.30 – 9.30	Registration
Morning	10.00 - 12.00	Introductions, Demo, Central Clinic
Afternoon	1.45 - 4.15	Basic & Defense (6 exercises)GK session
Evening	7.30 - 9.30	Fun Tournament

Tuesday

Morning	9.30 - 12.00	Central Clinic, Basic & Defense (6 exercises)GK session
Afternoon	1.30 - 5.00	Camp Tournament Play
Evening	8.00 - 10.00	Movie Night (rest)

Wednesday

Morning	9.30 - 12.00	Demo, Scoring Clinic 1(8 Exercises),GK's in goal & 1on1
Afternoon	1.30 - 4.15	Demo, Scoring Clinic 2(8 Exercises),GK's in goal & 1on1
Evening	8.00 - 10.00	Skit Night

Thursday

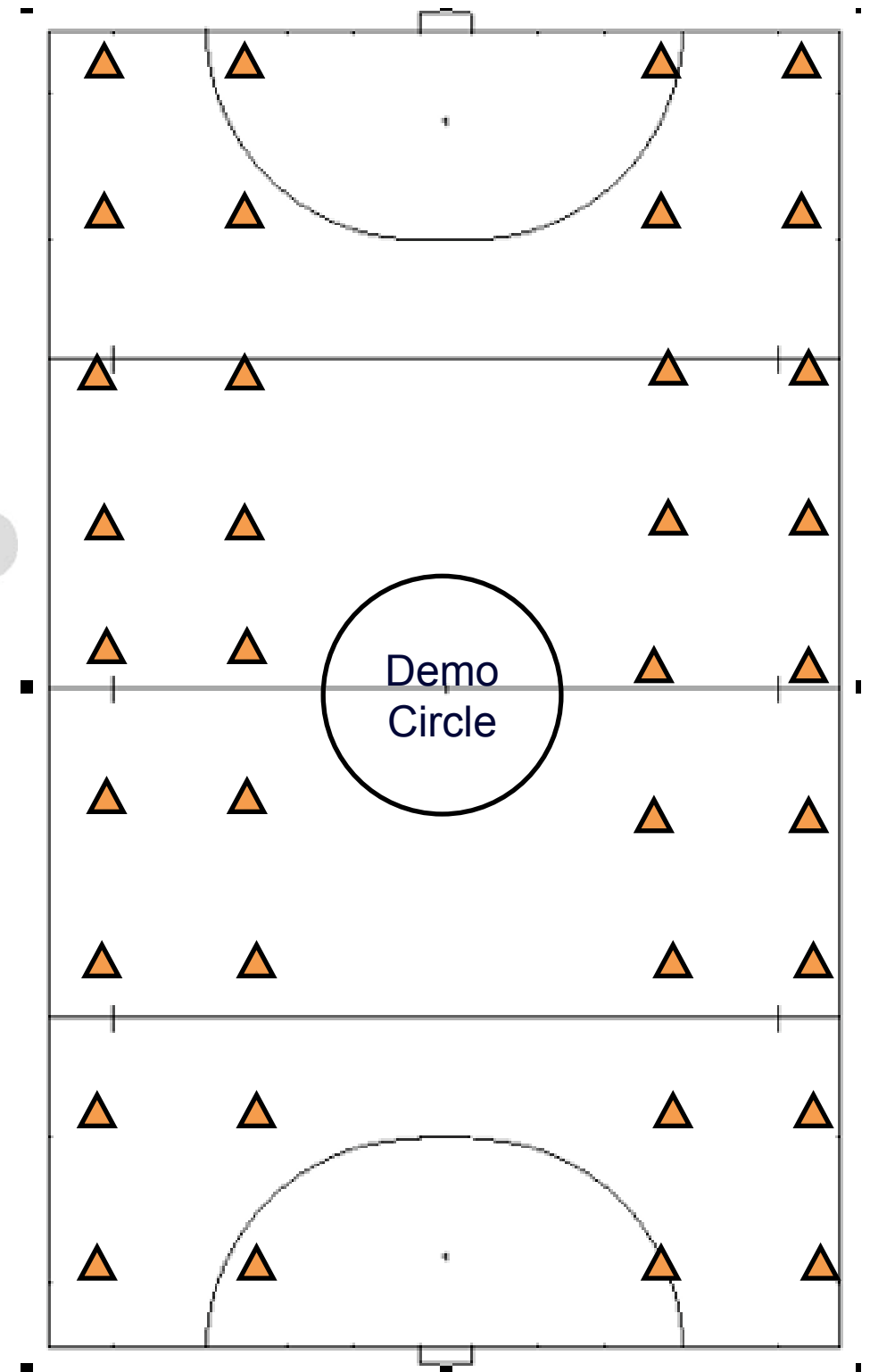
Morning	8.30 - 12.30	“Play the Staff” & Camp Tournament Finals
Afternoon	12.30 - 1.15	Closing & Awards

Session 1 “The Basics”

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Organization:

- Central clinic (all kids on field)
 - 16 Stations on field (10mx10m grids)
 - 1 training group per station
 - Each coach has 2 stations
 - Goalie session
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- Demo Grid for exercise demonstratio..
 - TD leads demos
 - TD tracks time
 - 6 Basic exercises:
 1. Closed receiving skills
 2. Dynamic receiving with follow through
 3. Open receiving
 4. Defense 1 - Footwork & Jab
 5. Defense 2 - Tackling
 6. Defense 3 - Full 1v1 Competition



1. Closed Receiving

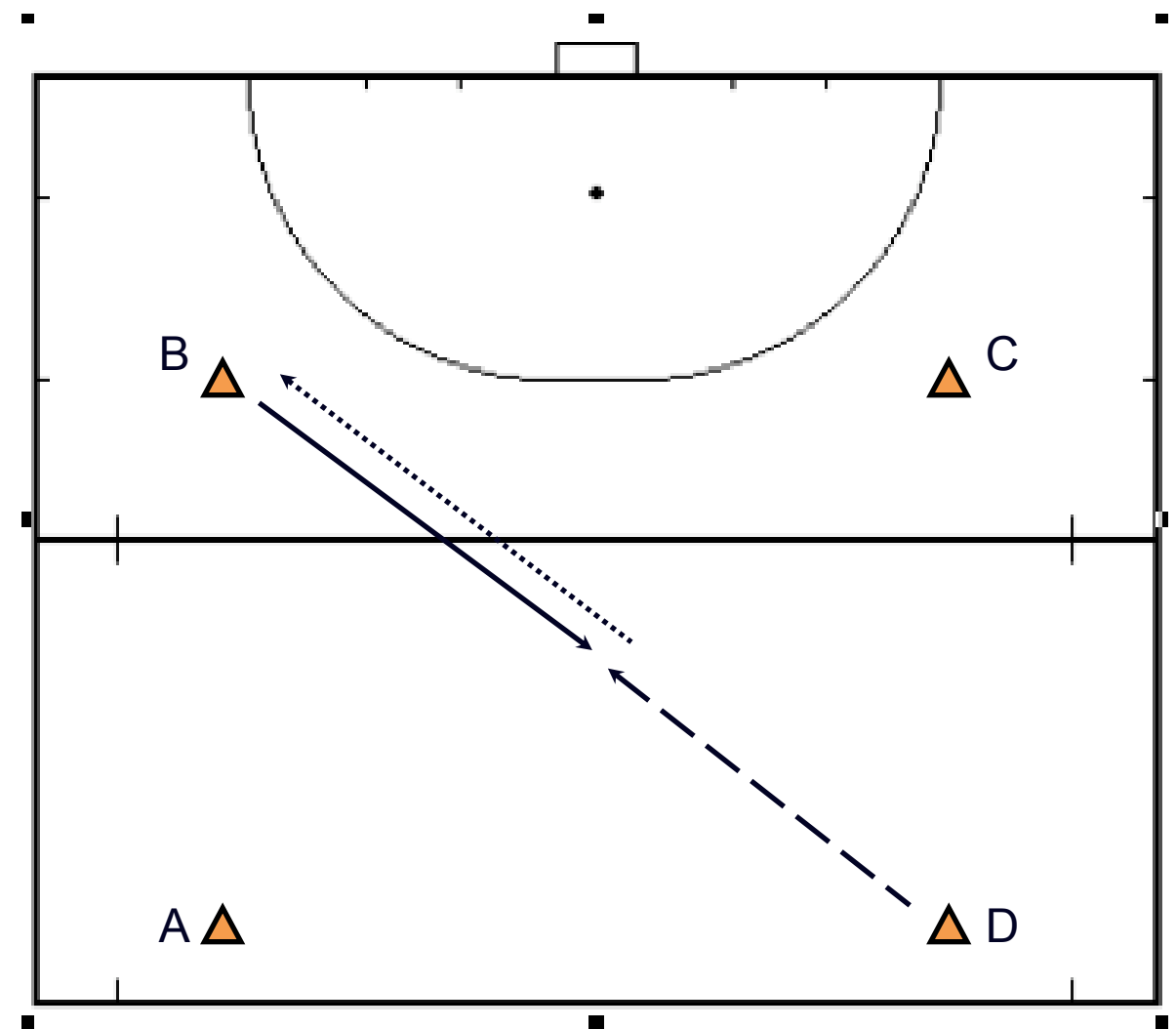


Organization:

- Players on each corner of grid
- 2 sides (across sides) start at same time
- Player without ball leads back to ball
- Receives ball and continues dribble in same direction

Emphasis:

- Ball position in front of right foot
- Low stick (Left hand)
- Push ball in front of body



2. Dynamic Receiving with Follow-through

Organization:

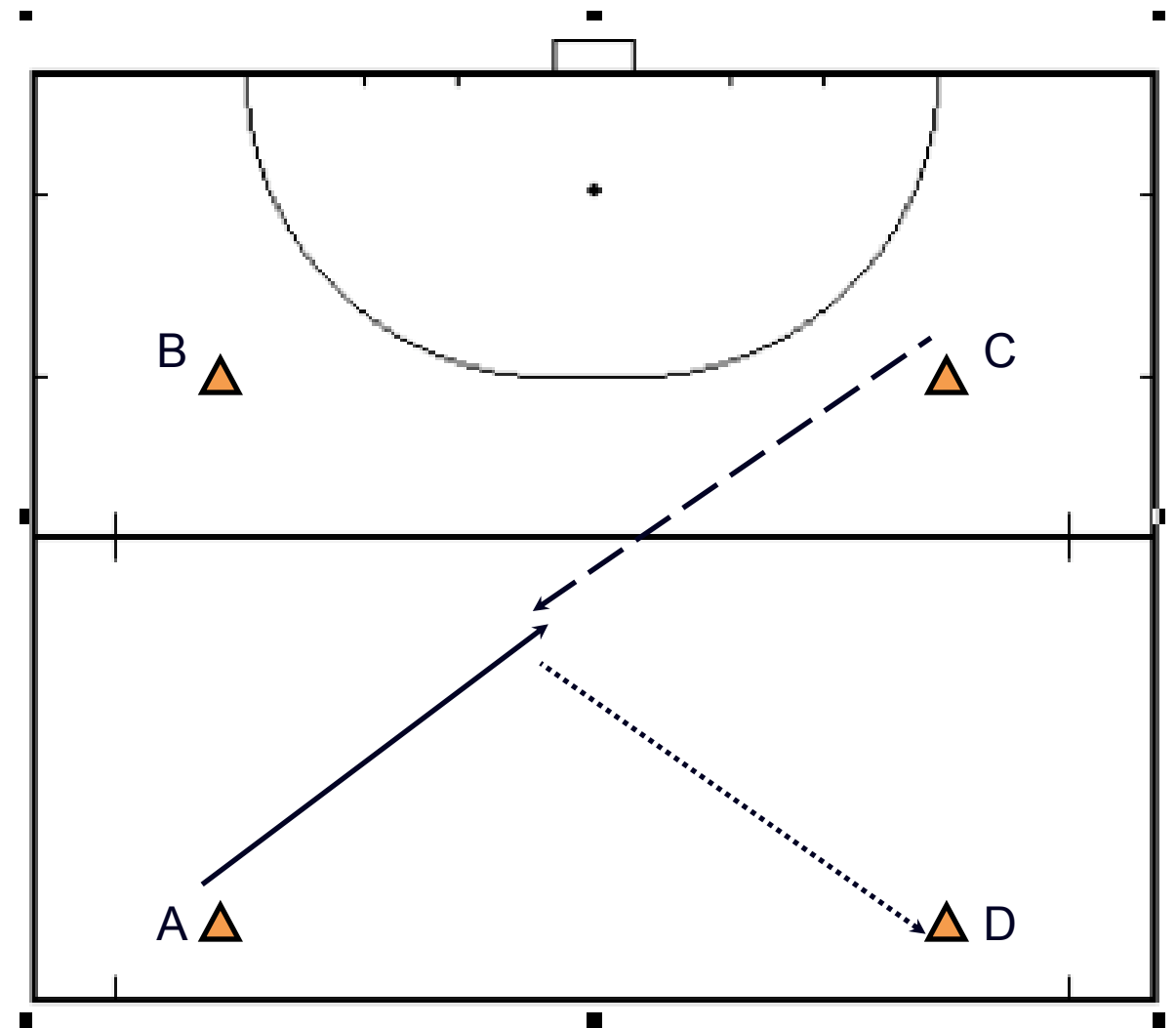
- Players on each corner of grid
- 2 sides (across sides) start after each reception so there is no crossing in the center
- See ex. 1
- Pushes ball in reception to left or right and keep dribbling in direction

Variation

- Turn to right
- Acceleration after reception

Emphasis:

- Low on turns
- Ball position in front of right foot (not next to body)
- See ex 1.



3. Open Receiving



Organization:

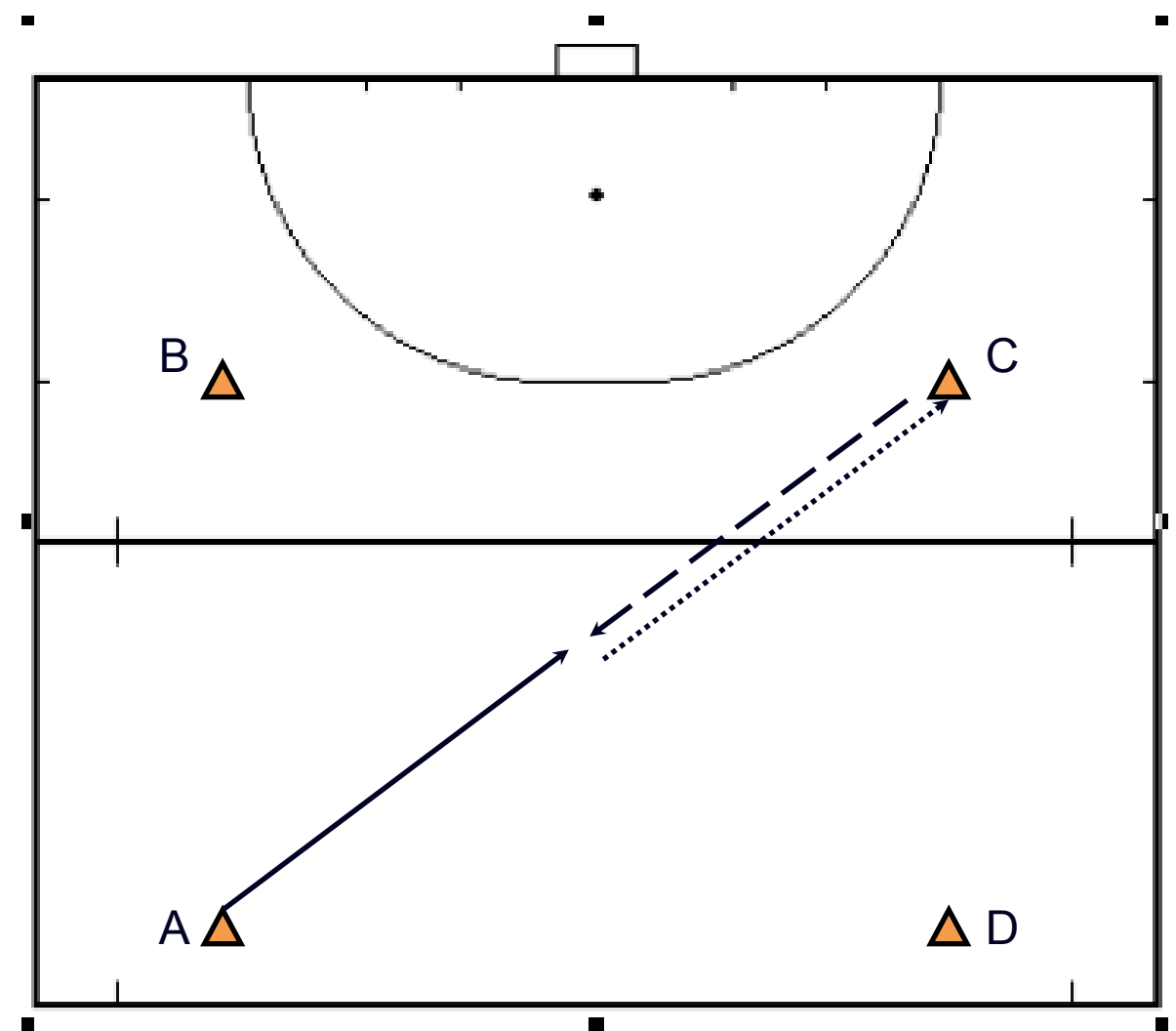
- Players on each corner of grid
- 2 sides (across sides) start after each other don't cross at same time
- Player leads back to ball

Variation

- BH & FH receptions
- Receive with lift

Emphasis:

- Let ball pass body
- Body positioning correct so ball can pass
- Control moment passed the front foot



4. Footwork & Jabbing



Organization:

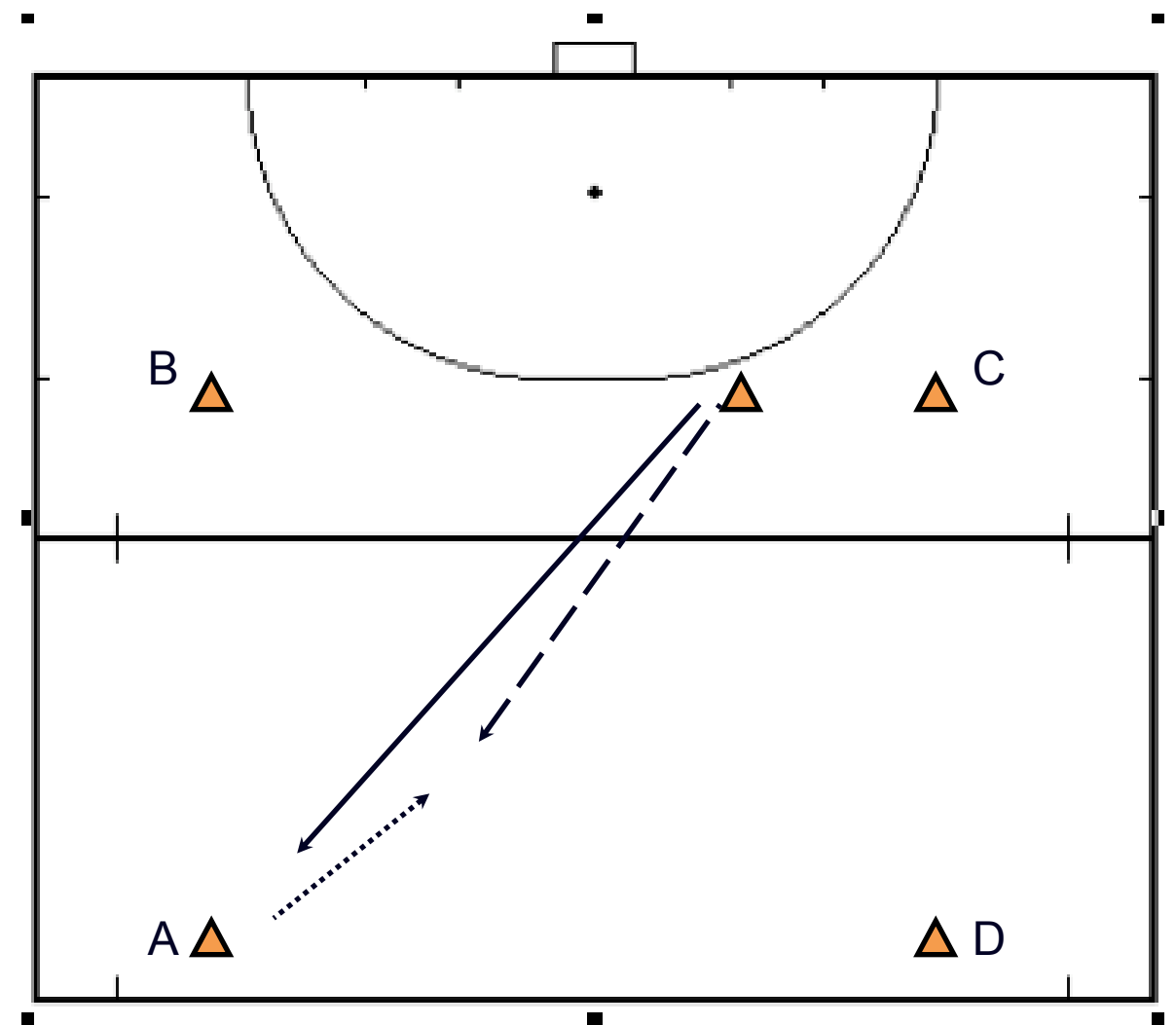
- Defense player passes ball from end line toward attacker starting at A.
- After ball is in play defense can apply pressure and play 1v1
- Defensive player can only apply pressure and force player to outside, no tackles

Variation

- Starting angles for defender

Emphasis:

- Body positioning
- Light on forefeet small steps, stay balanced
- Jab and retreat, no big steps and easy recovery



5. Tackling



Organization:

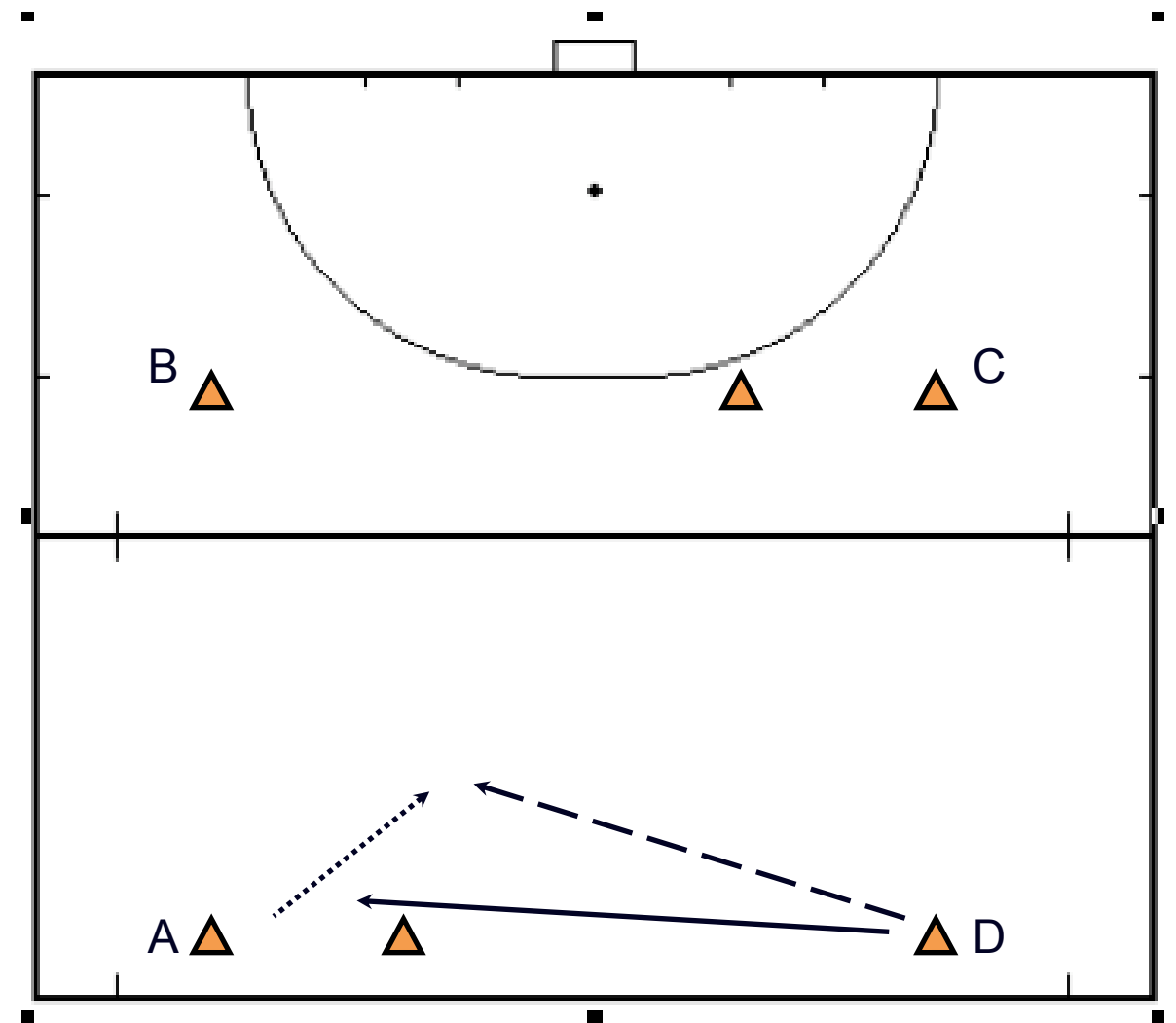
- Defense player passes ball from position D toward attacker starting at A.
- After pass D applies pressure on ball carrier
- Player D makes the tackle when possible

Variation

- Starting angles for defender
- 2nd goal for competitive game in case of turnover

Emphasis:

- Physical space defense
- Channel into zone and use block tackle
- Pro active at moment of tackle
- Close down weak side with body positioning
- Do not over commit (use physical space method)



6. Full 1v1 Competition



Organization:

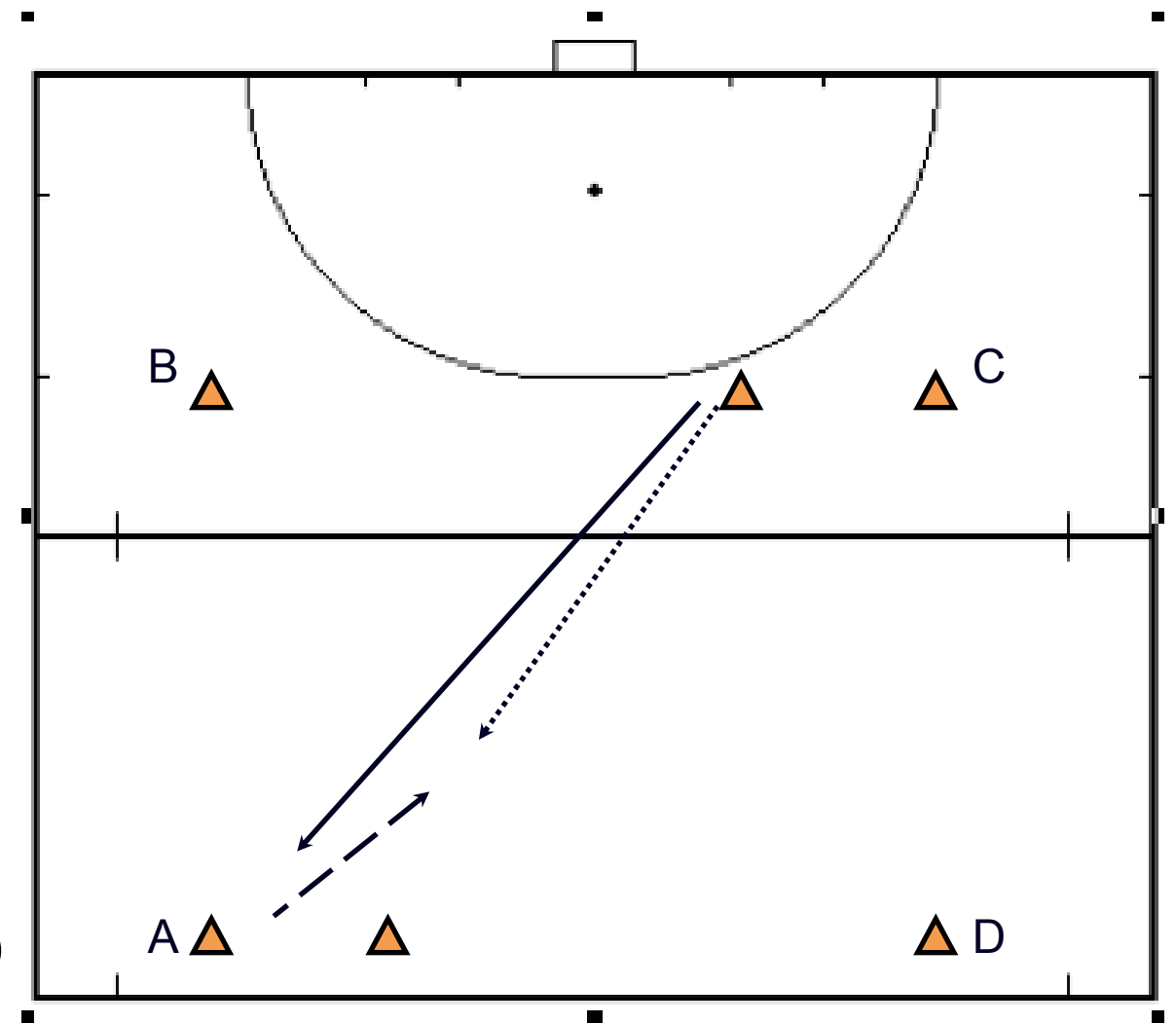
- Defense player passes ball from end line toward attacker starting at A.
- After ball is in play defense can apply pressure and play 1v1
- When attacker does not score 1 point for defender.
- Add points for competitive round

Variation

- Add goal on other side so either player can score! (competitive game), 2 points for defenders that end up scoring

Emphasis:

- Use close down run with pressure (jab)
- Close down weak side with body positioning
- Do not over commit (use physical space method)
- Tackle back after losing ball
- Calculate risk vs outcome

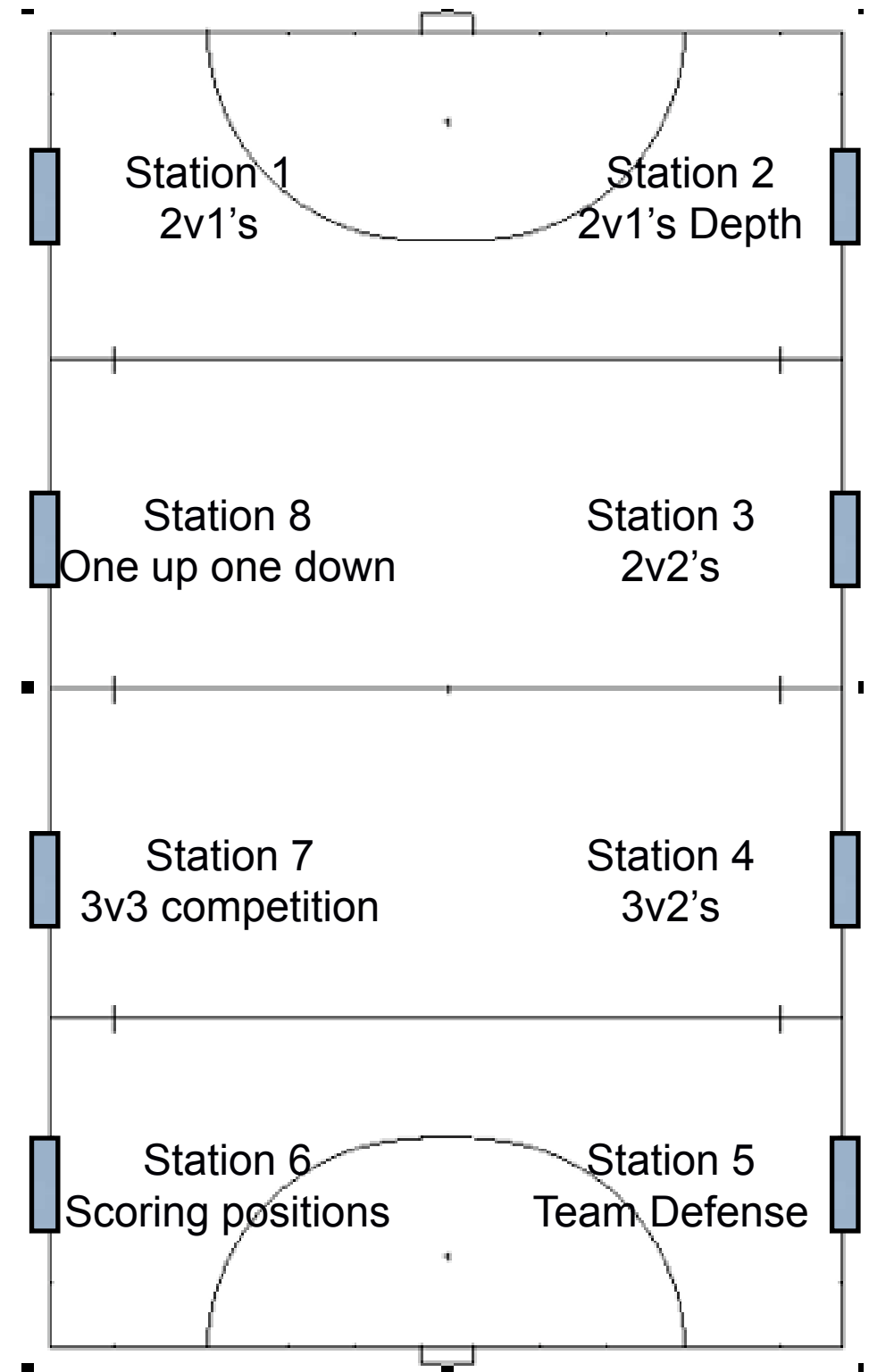


Session 2 “Team Workout”

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Organization:

- 8 station Split clinic (Split Camp Turf / Grass)
 - 8 Stations on field with goals
 - 2x 4 training, exercise 1 - 4 on opposite sites after 4th round switch to exercise 5 - 8
 - Coaches stay at site, groups rotate
 - 1 training group per station
-
- Demo before warm up for whole camp
 - TD leads demos
 - TD tracks time and takes care of rotation
 - 8 Team Work Out
 1. 2v1's
 2. 2v1's creating depth
 3. 2v2's (recovering defender)
 4. 3v2's
 5. Team Defense
 6. Scoring positions
 7. 3v3 competition
 8. One up one down Game



1. 2v1's

Organization:

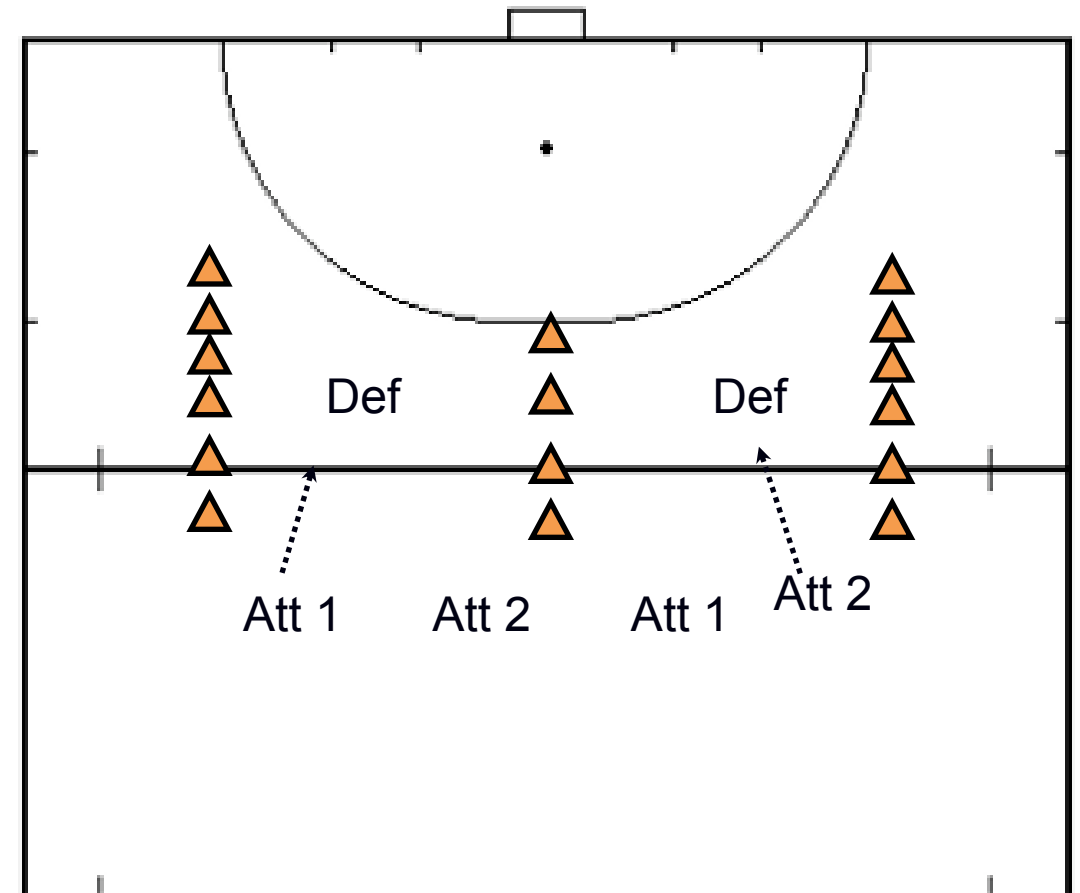
- 2 sides (squares in front of goal)
- Set defenders in square and defense rotation

Emphasis

- Use skills from earlier sessions
- Commit defender, force her to make a decision
- Pass or eliminate
- Use fake to set off defender
- Play with change of speed and direction

Variation

- Narrow space
- Add time limit for extra pressure



2. 2v1's Creating Depth



Organization:

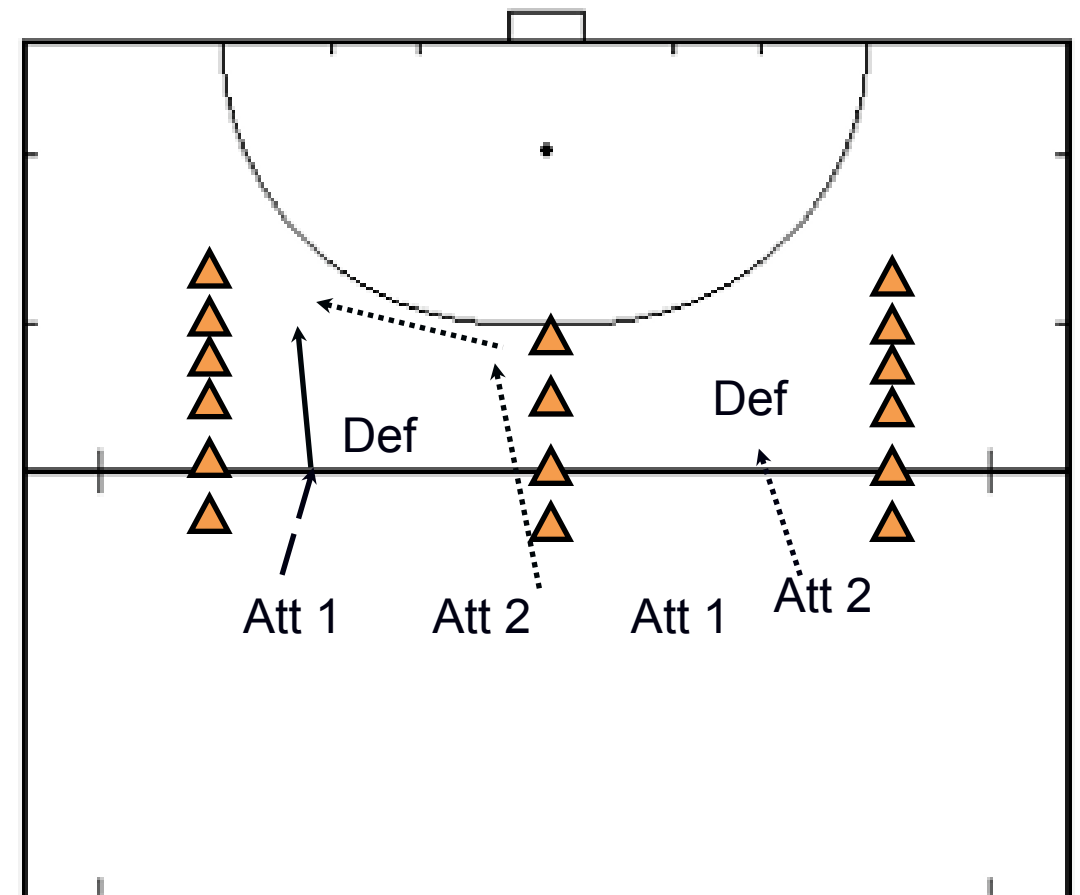
- 2 sides (squares in front of goal)
- Set defenders in square and defense rotation
- Get non ball possessor in deep zone behind defender

Emphasis

- Use skills from earlier sessions
- Commit defender, force her to make a decision
- Pass or eliminate
- Use fake to set off defender
- Play with change of speed and direction

Variation

- Narrow space
- Add time limit for extra pressure



3. 2v2's with Recovering Defender

Organization:

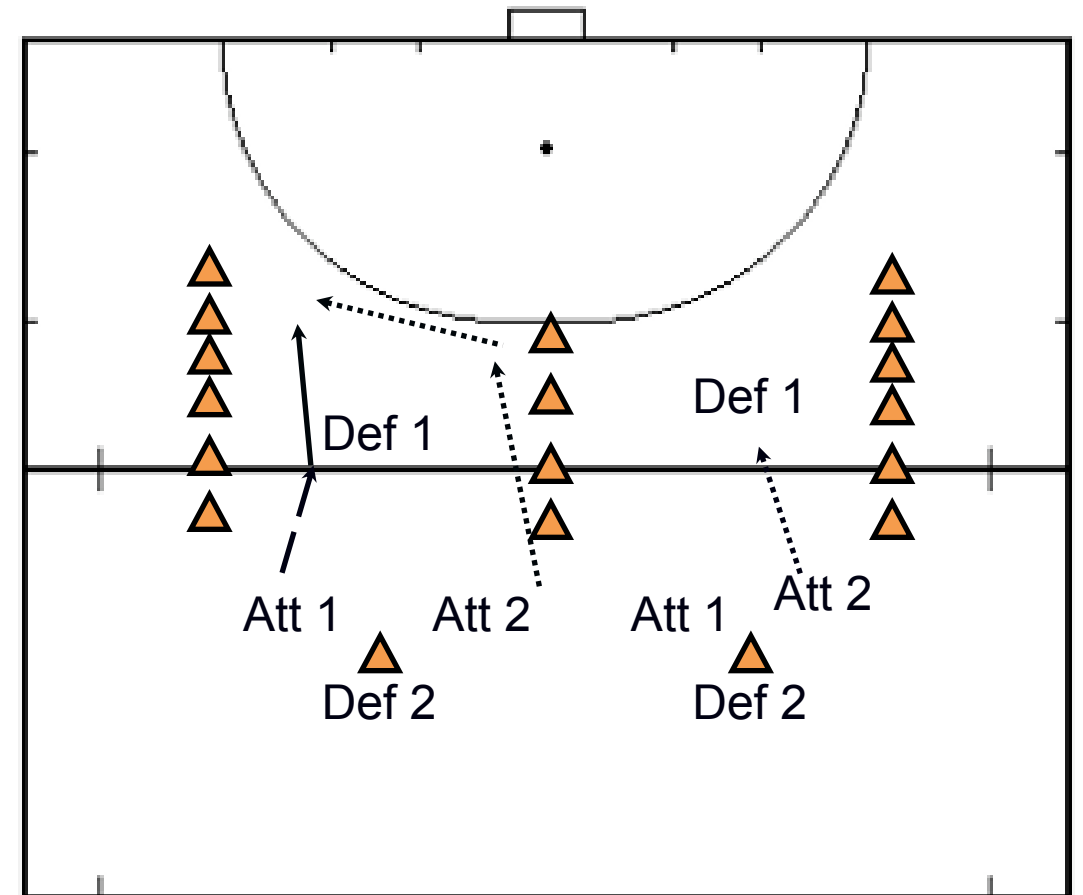
- 2 sides (squares in front of goal)
- Set defenders in square and defense rotation
- Get non ball possessor in deep zone behind defender

Emphasis

- Use skills from earlier sessions
- Commit defender, force her to make a decision
- Pass or eliminate
- Use fake to set off defender
- Play with change of speed and direction

Variation

- Narrow space
- Add time limit for extra pressure
- Starting distance for recovering defender



4. 3v2's



Organization:

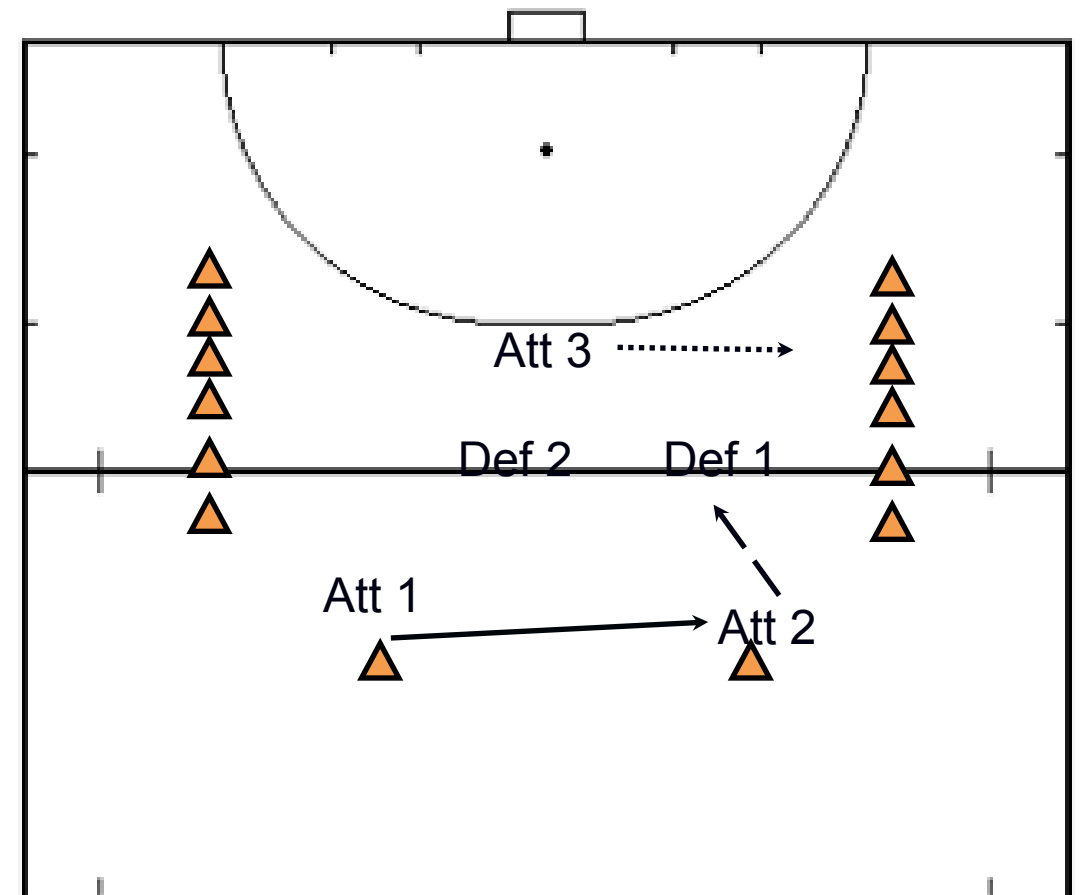
- 1 Grid
- Set defenders in square and defense rotation
- 2 attackers flat in front of defense, 1 attacker behind defenders

Emphasis

- Use skills from earlier sessions
- Find and eliminate 2v1 situations
- Commit defender, force her to make a decision
- Pass or eliminate
- Use fake to set off defender
- Play with change of speed and direction

Variation

- Narrow space
- Add time limit for extra pressure



5. Team Defense



Organization:

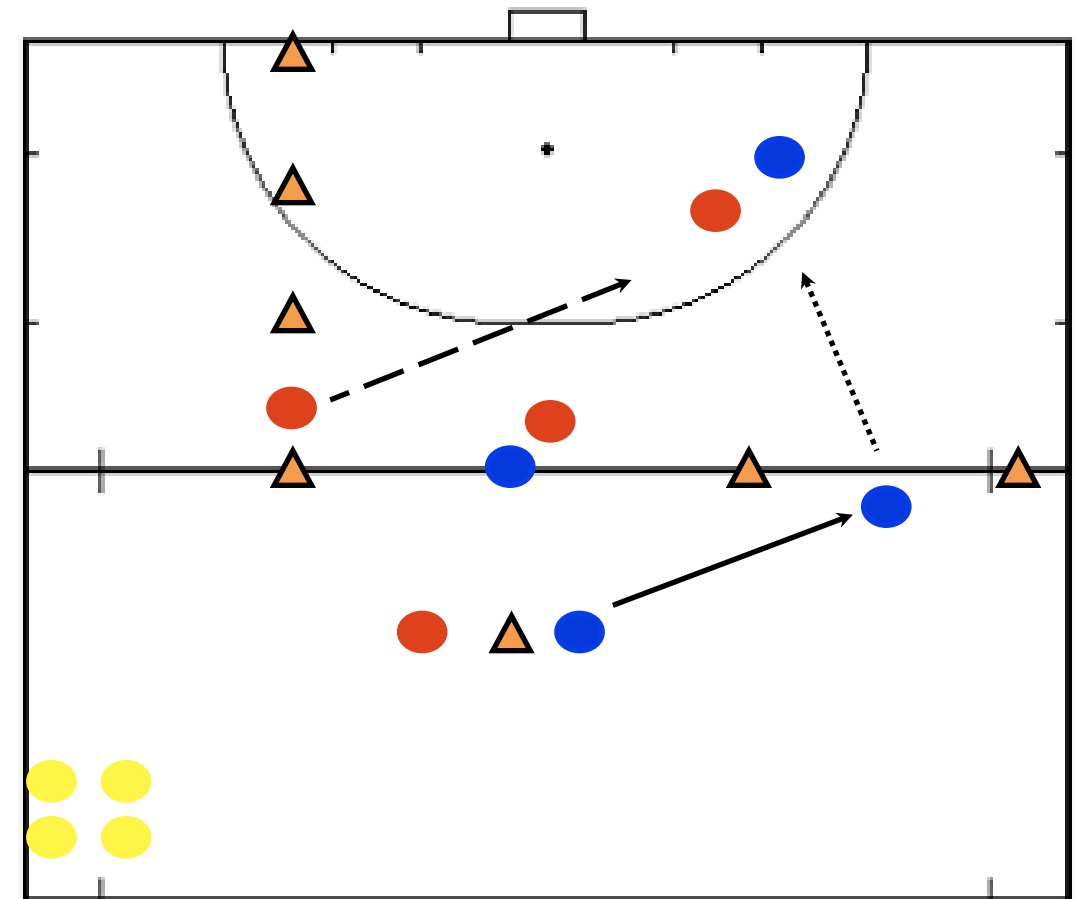
- 3 teams of 4 or 5
- Attacking team starts with pass to outside, dribbles through goal on 25y line
- 4v4 in 25y area
- 2 marked forwards, 1 in circle, 1 on 25y line. 4th defender starts from outside after ball crosses 25 yard line
- When defense gets the ball get it through goal on 25y line
- Switch teams after 5 plays

Emphasis

- Use cover player
- Double team when possible
- "Read" dangerous space vs marking

Variation

- Starting position 4th defender
- Same exercise on left side (advanced groups only)



6. Scoring Positions



Organization:

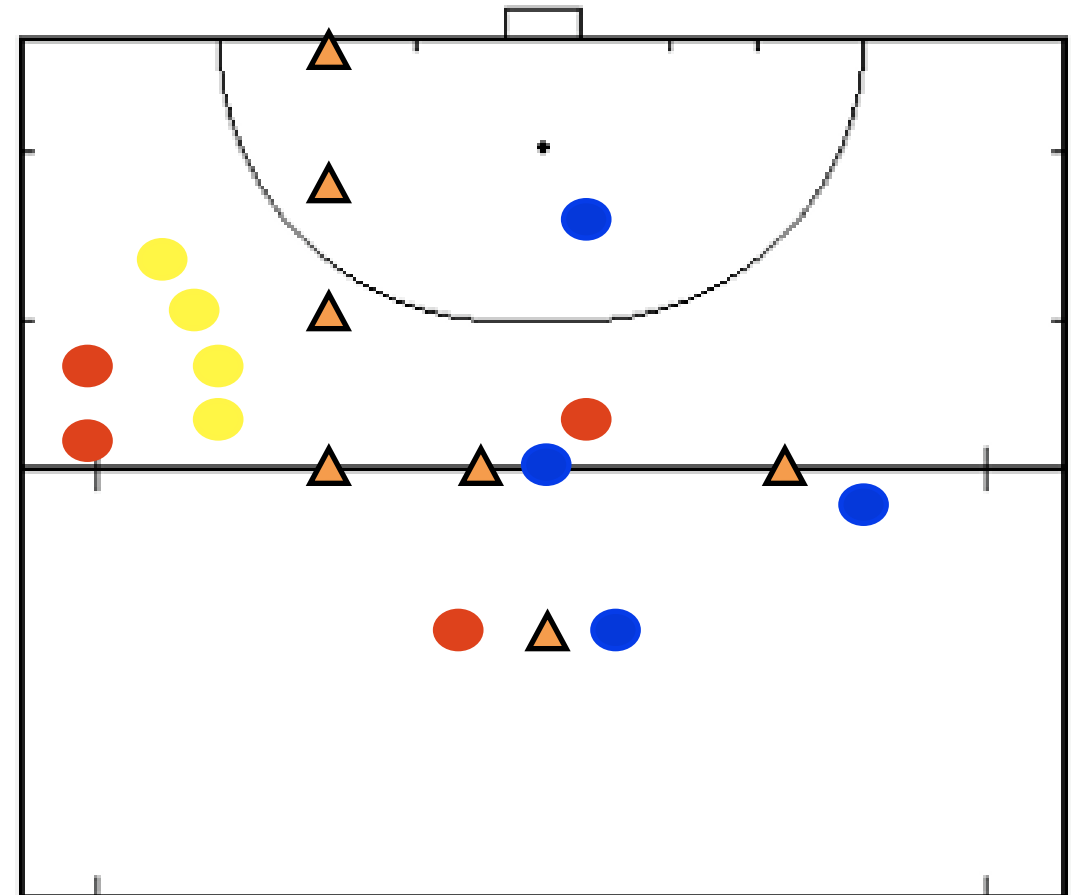
- 3 teams of 4 or 5
- Attacking team starts with pass to outside
- 4v2 or 4v3 towards circle
- 1 attacking player on 25y line, 1 in circle. Passer joins as 4th attacker
- Defenders start with the attacker on 25y line and 2 recovering from starting (1st pass) position
- Switch teams after 5 plays

Emphasis

- Use outside to go to circle
- Find and eliminate 2v1 situations
- Scoring positions in circle, 90 degree angle, stroke mark, far post

Variation

- Add 3rd defender
- Same exercise on left side (advanced groups only)



7. 3v3 Competition



Organization:

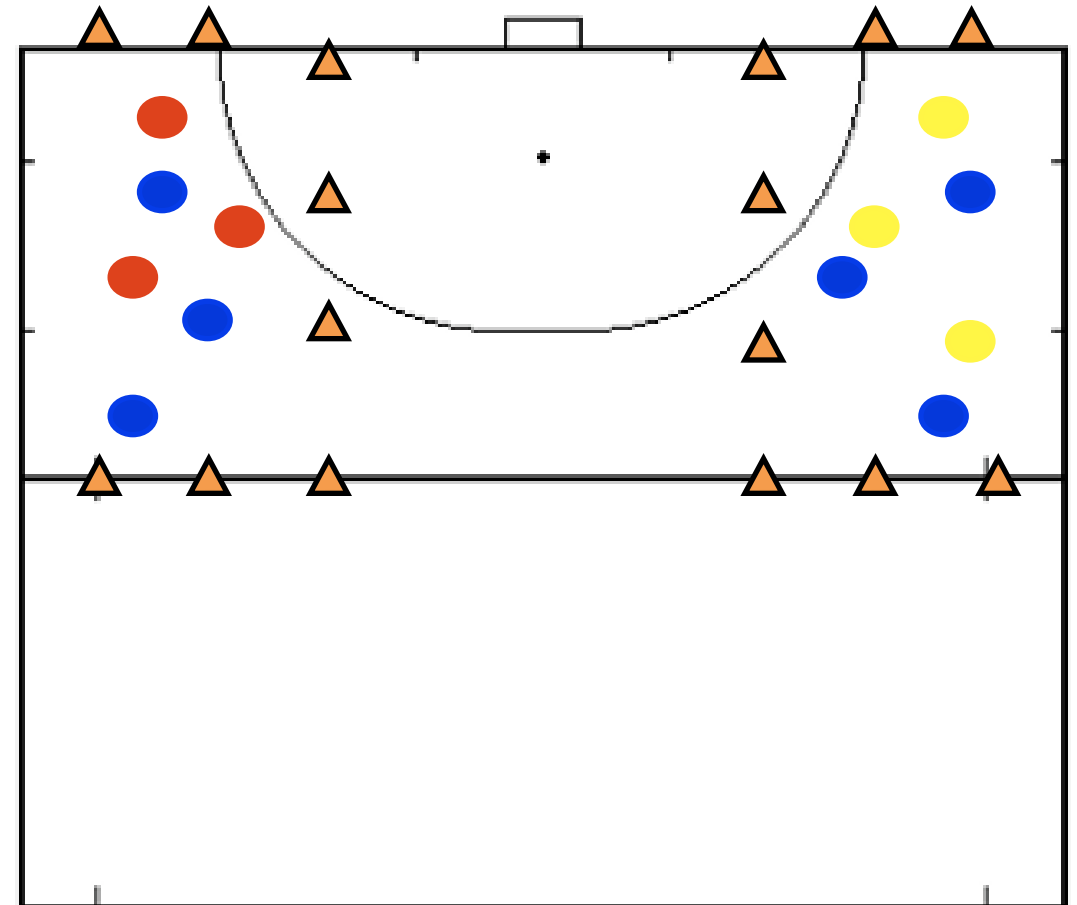
- 2 small fields for 3v3's
- 4 or 5 teams of 3
- Play 3 minute games with points to get a winner.
- No goalkeepers send to exercise 8!

Emphasis

- Use skills from earlier sessions
- Find and eliminate 2v1 situations
- Stretch field
- Execute on turnovers

Variations

- Open up or make field smaller depending on level of play



8. One Up - One Down

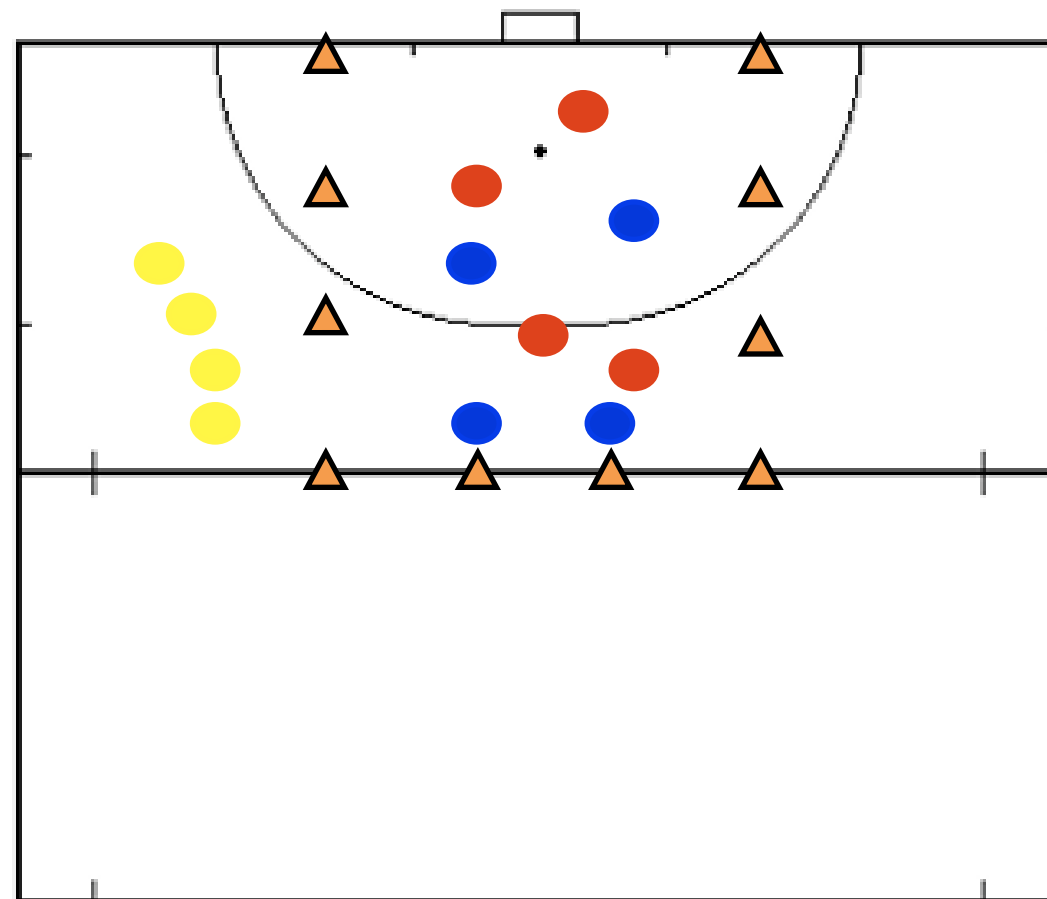


Organization:

- Field set up (2 goals) for 4v4 or 5v5
- 3 teams of 4 or 5
- 2 teams play against, after each goal rotate teams, teams that scores stay on.
- max. 3 minute games

Emphasis

- Use skills from earlier sessions
- Find and eliminate 2v1 situations
- Stretch field
- Execute on turnovers
- Quick goal shots



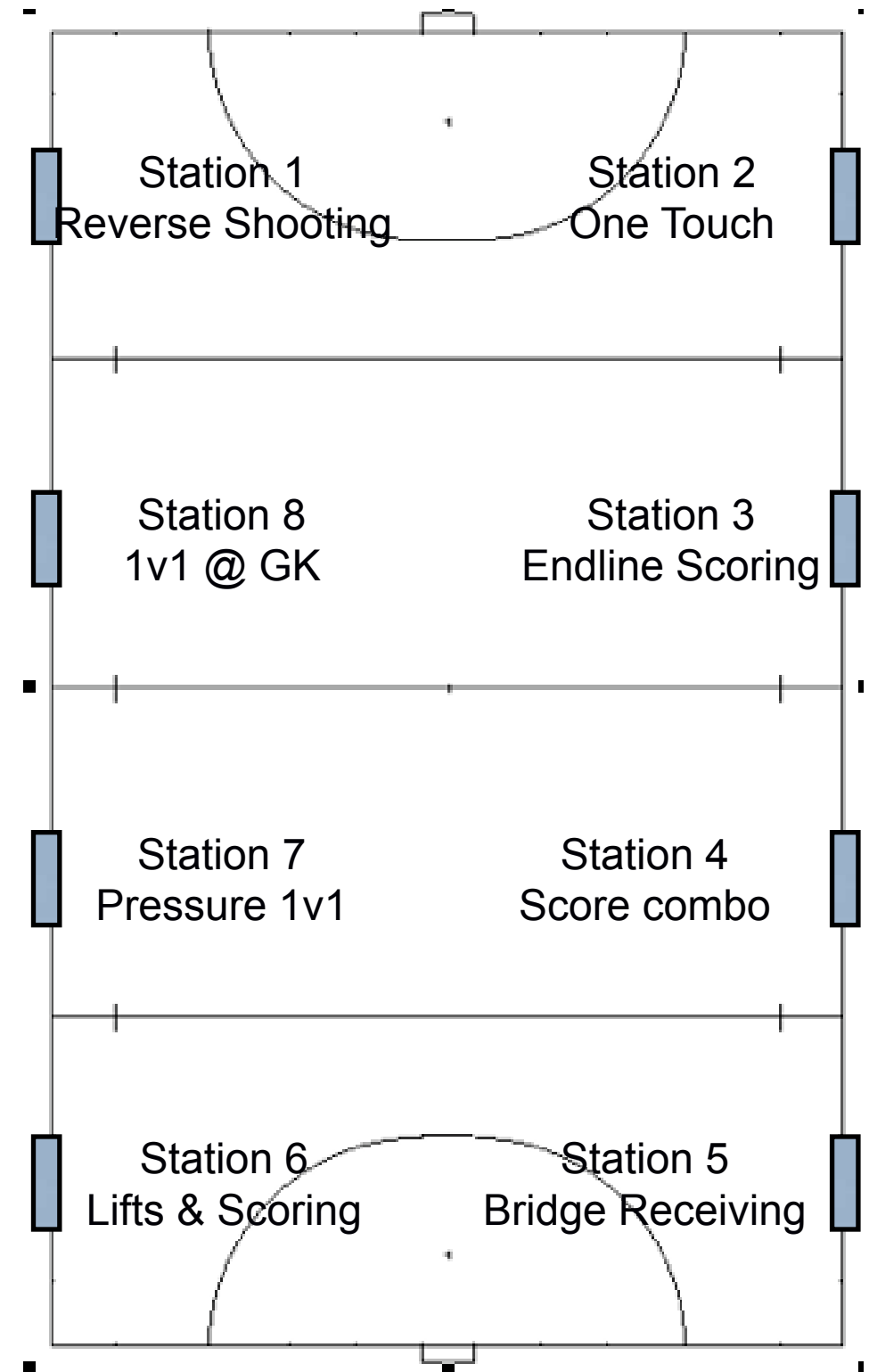
Session 3 “Goal Shooting & Skills”

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Organization:

- 8 station Split clinic (Split Camp Turf / Grass)
- 8 Stations on field with goals
- 1 training group per station
- Groups rotate (Clockwise) after 15 minutes (8 rounds)
- No Goalie session, GK 's in goal

- Demo before warm up for whole camp
- TD leads demos
- TD tracks time and takes care of rotation
- 8 Goal-shooting exercises:
 1. Reverse shooting
 2. One touch - footwork
 3. End line scoring
 4. Score Combo
 5. Bridge Receiving & Scoring
 6. Lifts & Scoring
 7. Full pressure 1v1 & Scoring
 8. 1v1 @ goalkeeper



1. Reverse Hit

Organization:

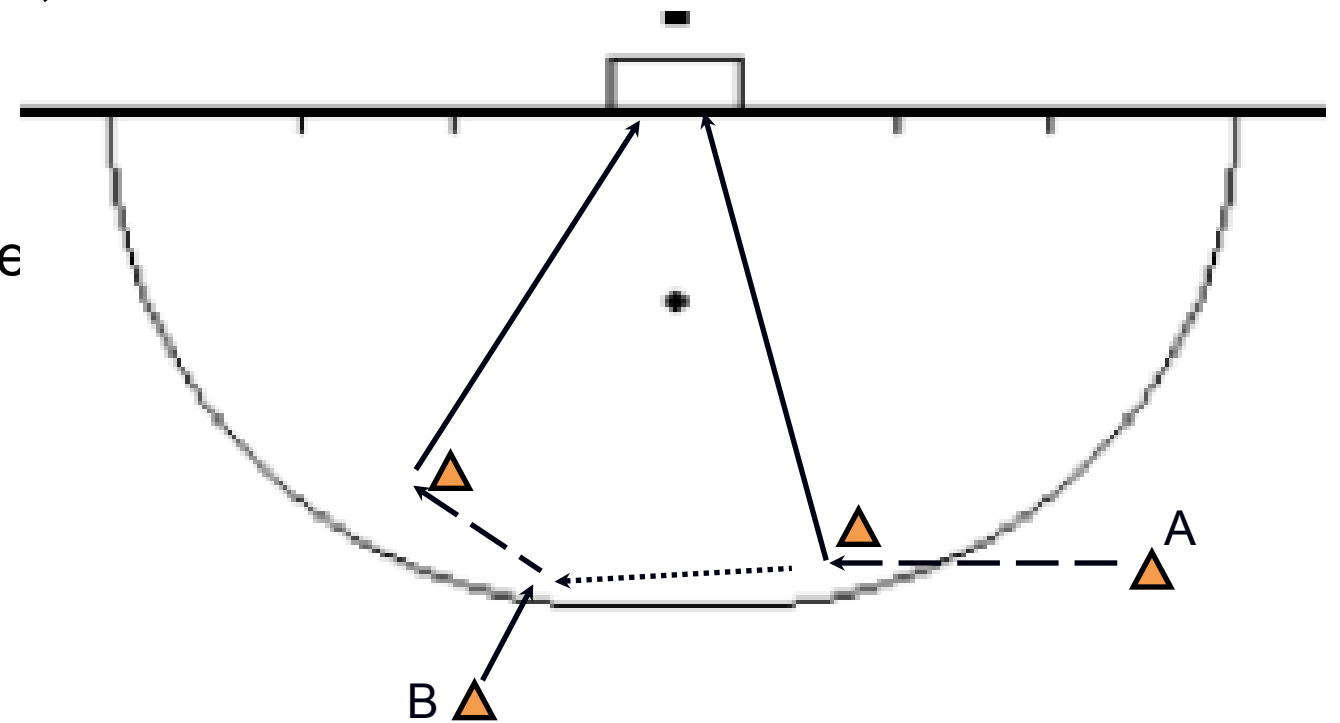
- Players Start at A, dribbles into circle for reverse hit
- After 1st hit, 2nd ball is inserted and after cone, 2nd hit follows

Emphasis:

- Start with reverse hit with young, inexperienced players
- Ball position in front of right foot
- Both feet behind each other, not next!
- Pan cake grip
- Knees bend (90degrees) hips in
- Wrists at ankle height at moment of impact

Variation;

- Speed of dribble
- Direction of circle entry



2. Footwork & Scoring



Organization:

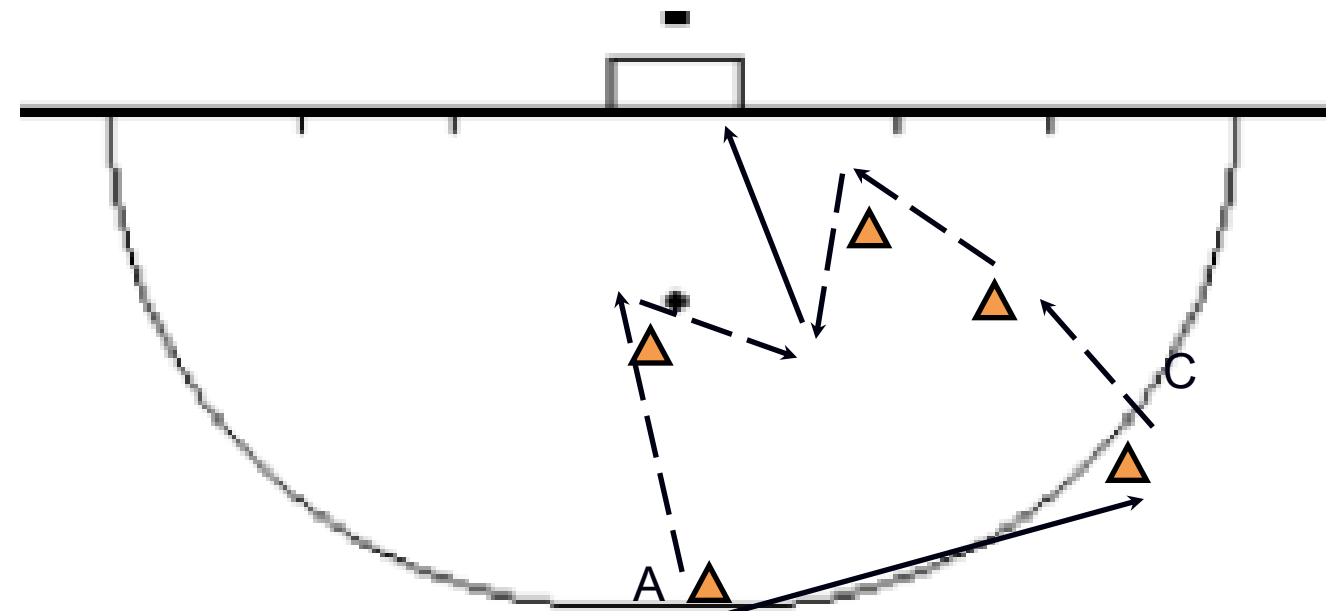
- Players Start at A, pass to C, C dribbles along cones into circle
- When player rounds last cone C inserts ball towards top of circle
- Player A has a 1/2 touches to score, receive & shoot

Emphasis:

- Space between body and ball at moment of impact
- Start swing preparation in time
- Small steps on forefeet to get around ball

Variation;

- Angles of running lines player A
- Pace of passes from end line



3. Endline Scoring



Organization:

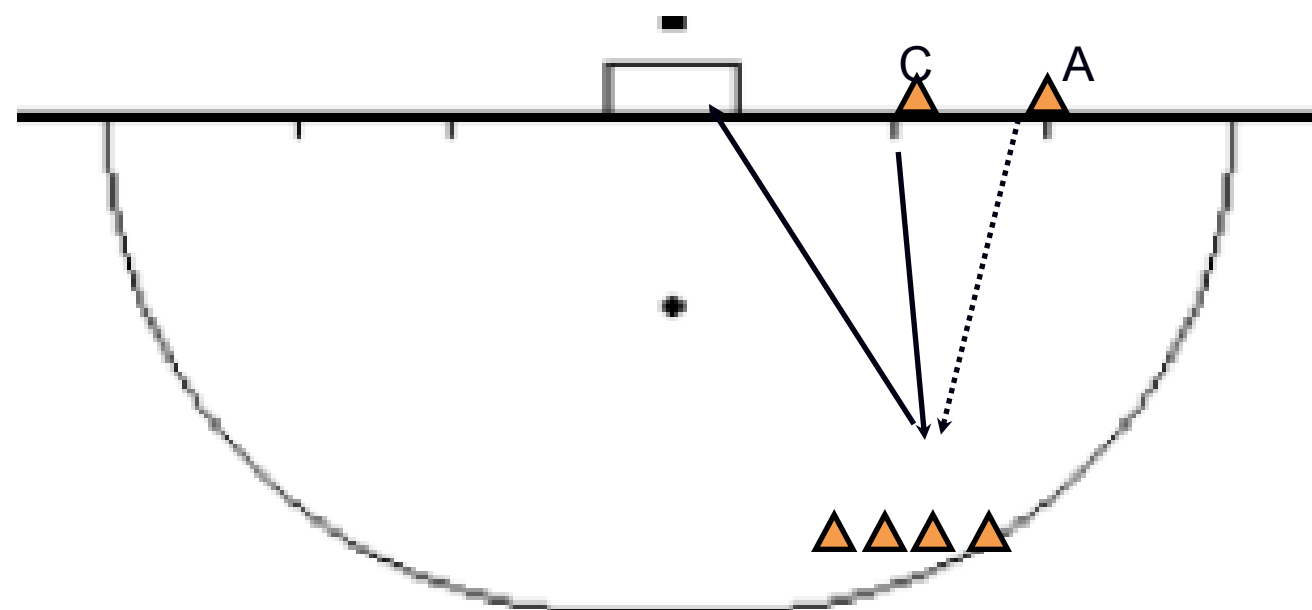
- Players Start at A, round the cones to get in circle
- When player rounds last cone C (coach) inserts ball towards feet of incoming player
- Players has a 1 touch to goal

Emphasis:

- Space between body and ball at moment of impact
- Start swing preparation in time
- Small steps on forefeet to get around ball

Variation;

- Angles of pass from coach
- Allow reverse hit with experienced groups



4. Scoring Combo



Organization:

- Players Start at A, round the cone for 1st shot
- 2nd ball from position A for reverse hit
- Player rounds the cone on right
- Coach hits pass for 3rd shot, deflection

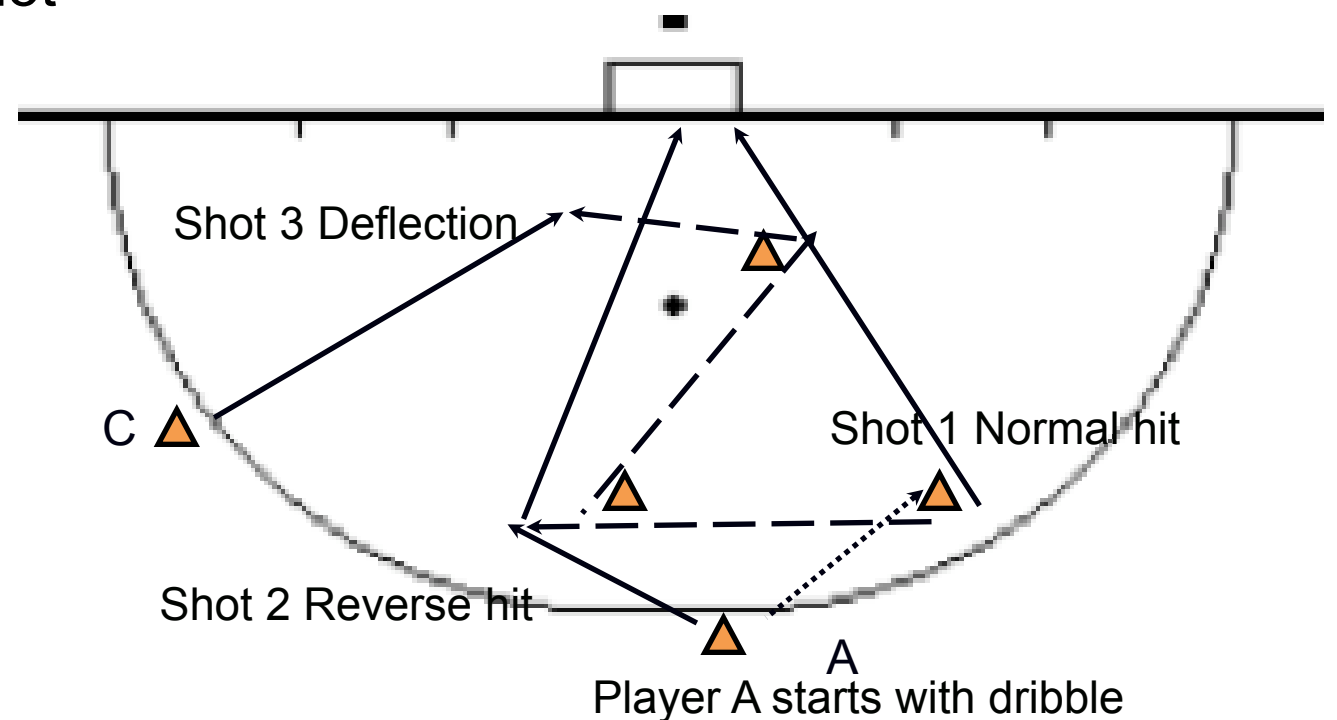
Emphasis:

Deflection;

- Keep stick low on ground
- Keep body out of passing line

Reverse:

- See reverse hit



5. Bridge Receiving & Scoring

Organization:

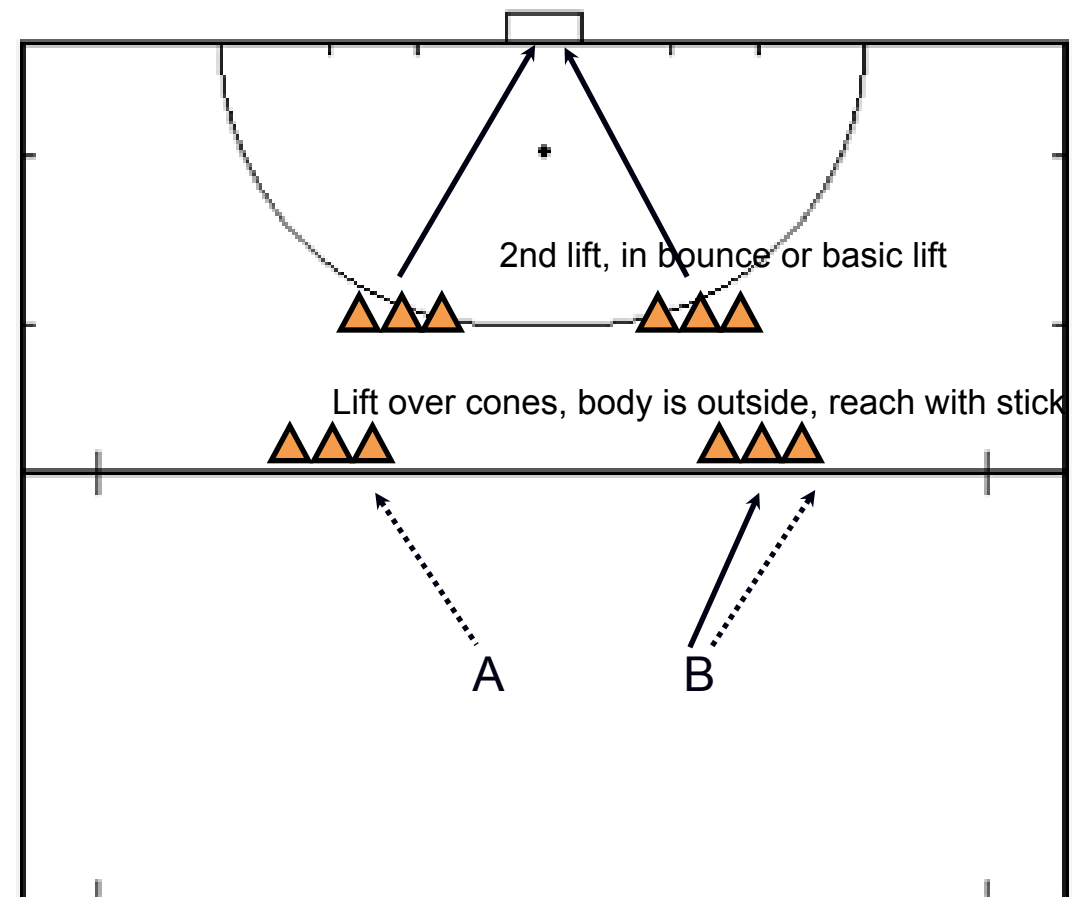
- A & B starting locations
- Player starts running to outside of cones, pass is player towards cones
- Player reaches with open stick to ball for bridge reception

Emphasis:

- Open Stick Blade
- Keep forward movement
- When possible keep ball bouncing for 2nd lift

Reverse lift

- Left hand low, close to ground
- Let ball roll on tip of stick



6. Fh & Bh Lifts

Forehand & Backhand Lifts



Organization:

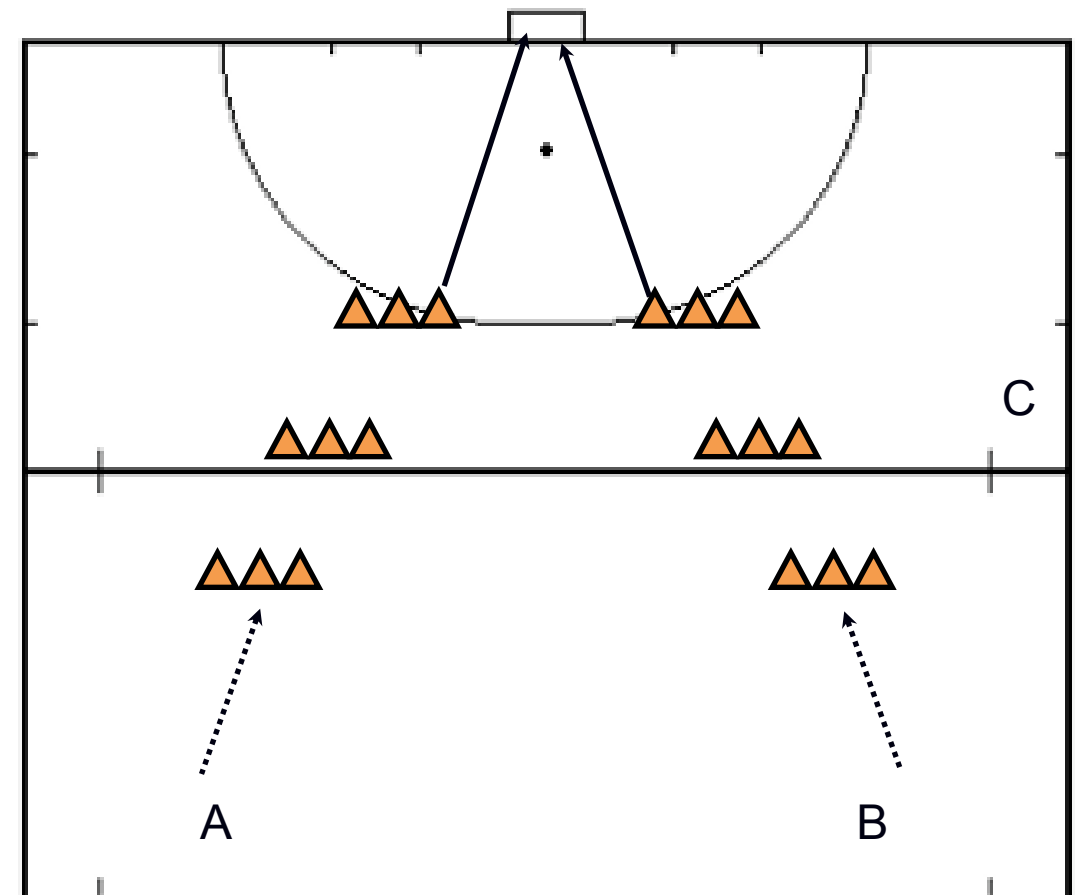
- A & B starting locations
- 3 4cone line as defenders
- Left side bh lifts/ Right side fh lifts

Emphasis:

- Start move in time
- Keep ball away from feet, get stick under ball
- Stay low and accelerate after move
- Move ball sideways before lift (roll onto stick)

Variation;

- Bouncing lifts
- Pop



7. Full Pressure 1v1 & Scoring

Organization:

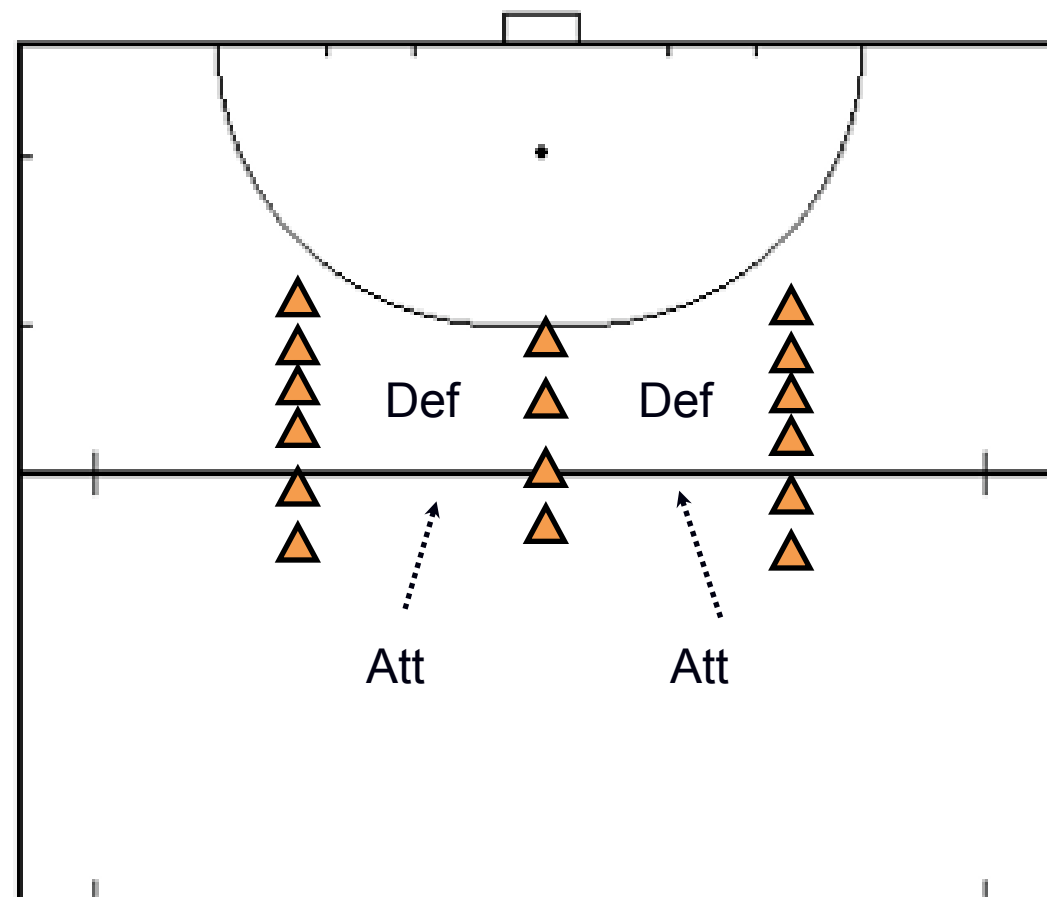
- 2 sides (squares in front of goal)
- Split group in attack and defense or keep individual points
 - * 2 points for getting past defender and score
 - * 1 point for making clean tackle

Emphasis

- Use skills from earlier sessions
- Get defender moving
- Play with change of speed and direction

Variation

- Narrow space
- Add time limit for extra pressure



8. 1v1 on the Goalkeepers



Organization:

- Players Start at A
- Goalkeeper starts when player starts
- 1v1 on circle

Emphasis:

- Get goalkeeper moving
- Use body fakes
- Start move in time

Variation;

- Limit time
- Get recovering defender in play starting at B
- Keep scores (competitive game)

