

## OVERVIEW

This camp is designed for athletes of all experience levels, ages 7-15. Groups are organized by age and ability, and all drills and games are adjusted so beginners feel confident while more advanced players stay challenged.

### MONDAY – BALL MASTERY & CONTROL

Focus: Comfort on the ball

- Fundamental ball control using both feet
- First touch and receiving skills
- Applying control in small-sided games

### TUESDAY – DRIBBLING & 1V1 PLAY

Focus: Creativity and confidence

- Dribbling techniques and change of pace
- Attacking moves and fakes
- Beating defenders in controlled situations

### WEDNESDAY – PASSING & DECISION-MAKING

Focus: Awareness and teamwork

- Passing fundamentals
- When to pass vs dribble
- Small-sided games emphasizing ball movement

### THURSDAY – ATTACKING & DEFENDING PRINCIPLES

Focus: Creating and denying space

- Attacking movement and finishing
- Basic defensive positioning
- Transitioning between offense and defense
- Games emphasizing smart positioning

### FRIDAY – TEAM PLAY & GAME PLAY

Focus: Putting it all together

- Team spacing and communication
- Applying skills in structured games
- Controlled matches and competitions
- End-of-week challenges and recognition