

October half term football holiday camp 2021

Stockport Sports Village

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 – 10:30	<u>Tig/ Warm Up Games</u> <ul style="list-style-type: none"> • Stuck In The Mud • Tiggy Toilet • Spiders and Flies 	<u>Tig/ Warm Up Games</u> <ul style="list-style-type: none"> • Danish Longball • Ball Tig • Crossbar Challenge 	<u>Tig / Warm Up Games</u> <ul style="list-style-type: none"> • Cats and Rats • Chain Tig • Colour Corner Game 	<u>Tig/ Warm Up Games</u> <ul style="list-style-type: none"> • Cops and Robbers • Spiderman Tig • Spongebob Fishing 	<u>Tig/ Warm Up Games</u> <ul style="list-style-type: none"> • Number Clumps • Octopus Octopus • Dishes and Domes
10:30 – 11:15	<u>Dribbling Fundamentals</u> <ul style="list-style-type: none"> • Gates Drill • Cone Exercises • Zig Zag Slalom 	<u>Defending Fundamentals</u> <ul style="list-style-type: none"> • Pressuring a Player • Standing Tackle 	<u>Agility and Speed</u> <ul style="list-style-type: none"> • Weave in and Out • Shuttle Run • Flying 40s 	Possession	Tournament Day
11:15 – 12:00	<u>Passing Fundamentals</u> <ul style="list-style-type: none"> • Short Passing Drills • Two Touch Passing • Passing with Purpose 	<u>Crossing Fundamentals</u> <ul style="list-style-type: none"> • Crossing to a target • Finishing from a cross • Crosses to dangerous areas 	<u>Feints and Moves</u> <ul style="list-style-type: none"> • Feint the defender • Skill Work • Dribbling with feints 	Advancement on Shooting	Tournament Day
12:00 – 12:45	Lunch	Lunch	Lunch	Lunch	Lunch
12:45 – 1:30	<u>Shooting Fundamentals</u> <ul style="list-style-type: none"> • Shooting off the dribble • One Touch Shooting • Lay off Shooting 	<u>Control and Receiving</u> <ul style="list-style-type: none"> • Give and Go • Ronnie's Control • Clock Ball Control 	<u>1 V 1 Battles</u> <ul style="list-style-type: none"> • Attacking 1 v 1 • Defending 1 v 1 • Scoring in a 1 v 1 	Advancement on Dribbling	Tournament Day
1:30 – 2:00	<u>MATCH</u>	<u>MATCH</u>	<u>MATCH</u>	<u>MATCH</u>	<u>Tournament Day</u>