**Texas State Soccer Full Day Camp**

July 9-13, 2023

**Session Topics/Curriculum**

Sunday, July 9

* Ball lifts/juggling
* Dribbling

Monday, July 10

* Passing/receiving
* Dance competition!

Tuesday, July 11

* Shooting
* Cool T-shirt competition!

Wednesday, July 12

* Review/Bobcat Escape
* Crazy hair contest!

Thursday, July 13

* Soccer Olympics
* Closing Ceremony

Sunday, July 9

4:30 check-in

5:00 introductions/demo – ball lifts/juggling

5:20 break into groups/take role

5:30 warm-up/ball lifts/juggling

5:50 dribbling

6:15 Break at field – announce competitions for the week

6:30 Full-field Games

7:30 End Session – Camp Store Open!

Monday, July 10

9:00 camp demo – passing/receiving

9:15 musical morning warm-up

9:30 review Sunday’s topics - \*gks separate for training

9:45 passing/receiving on ground – intro outside of foot

10:15 receiving/turning

10:45 Depart for Pool/Lunch – 7-9 year olds

11:15 Depart for Pool/Lunch – 10-13 year olds

1:15 receiving out of the air

1:35 passing/receiving games

**2:10 Inside Activity – Dance Competition!**

2:30 Full-field games

3:30 end session – Camp store open!

Tuesday, July 11

9:00 camp demo - shooting

9:15 musical morning warm-up

9:30 review Sunday’s topic with activity - \*gks separate for training

9:45 review Monday’s topic with activity

10:00 shooting progression

10:30 shooting games

11:00 Depart for Pool/Lunch – 7-10 year olds

11:30 Depart for Pool/Lunch – 10-13 year olds

1:30 shooting games - \*gks join teams for shooting

**2:10 Inside Activity – Cool T-shirt Competition!**

2:30 Full-field games

3:30 end session – Camp store open!

Wednesday, July 12

**9:00 Crazy Hair Contest!**

9:15 musical morning warm-up

9:30 review Sunday/Monday’s topic with activity - \*gks separate for training

10:00 review Tuesday’s topic with activity

10:45 Depart for Pool/Lunch – 7-10 year olds

11:15 Depart for Pool/Lunch – 10-13 year olds

**1:15 Cardinal Escape!**

**2:10 Inside Activity – TBD**

2:30 Full-field games

3:30 end session – Camp store open!

Thursday, July 13

**9:00 Soccer Olympics!**

10:00 Camp photo – Wear your camp t-shirt

10:15 Break at field

10:30 small-sided games

11:15 closing ceremony

11:30 end session – Camp store open!

\*Goalkeepers will train Mon, Tue, and Wed morning as indicated.

**Contact List:**

Henry Zapata – 847-204-9429

Steve Holeman – 706-201-3151

Hannah Smith – 402-661-0497

Taylor Lippert - (Athletic Trainer) – 405-714-3925