

Brazilian Skills Camp

Daily Schedule and Activities

9am	Check in
9-9:30am	Group warm up – Speed, Agility, Quickness, Footwork
9:30-10:15am	Technical Circuit 1*
10:20-11am	Technical Circuit 2*
11-11:15	Break for Snack/Water
11:15am – Noon	Small Sided Games** 1v1, 2v2 Challenges
Noon	Half day check out / Lunch break
12:45 – 1pm	Coaches Challenges
1-1:40 pm	Soccer Tennis games
1:40-2pm	Snack / Water Break
2 - 2:45pm	Team Small Sided Scrimmages 3v3 and 4v4 games
2:45pm	Camp breakdown and clean up
2:55 – 3pm	Check out

* A strong emphasis on Individual skill, creative play and 1v1 attacking
** 1v1 games include to end line, megs game, 1v1 to goal, 1v1 to targets etc