

Premier Skills Camp

Daily Schedule and Activities

9am	Check in
9-9:30am	Warm up Activities (footwork, SAQ)
9:30-10:15am	Activity 1*
10:20-11am	Activity 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 Crossbar Challenge, Penalties, 1v1, player's choice
1-140pm	Small Sided / Team Games 3v3 Tournament, Soccer Tennis, Soccer Baseball, Striker Wars
1:40-2:30pm	Larger Sided Scrimmages 4v4 or 6v6 games
2:30-2:45pm	Player Showcase – 1v1, Skills, Juggles, Cross bar challenge, penalty competitions.
<hr/> <p>*Each day has a different technical theme and all exercises and games reflect this. Monday – Individual Skills and 1v1 attacking Tuesday – Passing and receiving Wednesday – Shooting , heading, volleys, finishing Thursday – Defending, Friday – Team Challenges across all technical areas</p>	