



AFRIM'S SPORTS SUMMER SOCCER CAMP DAILY SCHEDULE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	Warm-up, Stretch Speed/Agility	Warm-up, Stretch Speed/Agility	Warm-up, Stretch Speed/Agility	Warm-up, Stretch Speed/Agility	Warm-up, Stretch Speed/Agility
9:30 AM	Juggling, Daily Skill, Ball Skills, Defensive Fundamentals, Shooting Technique, Passing/Receiving, COD moves	Juggling, Daily Skill, Ball Skills, Defensive Fundamentals, Shooting Technique, Passing/Receiving, COD moves	Juggling, Daily Skill, Ball Skills, Defensive Fundamentals, Shooting Technique, Passing/Receiving, COD moves	Juggling, Daily Skill, Ball Skills, Defensive Fundamentals, Shooting Technique, Passing/Receiving, COD moves	Juggling, Daily Skill, Ball Skills, Defensive Fundamentals, Shooting Technique, Passing/Receiving, COD moves
10:30 AM	Snack	Snack	Snack	Snack	Snack
11:00 AM	Small-Sided Games	Small-Sided Games	Small-Sided Games	Small-Sided Games	Small-Sided Games
12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 PM	Daily Competitions	Daily Competitions	Daily Competitions	Daily Competitions	Soccer Olympics
1:20 PM	Fun Game/Activity	Fun Game/Activity	Fun Game/Activity	Fun Game/Activity	Soccer Olympics
1:50 PM	Possession Based Game	Possession Based Game	Possession Based Game	Possession Based Game	Soccer Olympics
2:00 PM	Possession Based Game	Possession Based Game	Possession Based Game	Possession Based Game	Soccer Olympics
2:30 PM	Snack	Snack	Snack	Snack	Snack
3:00 PM	Team Scrimmage	Team Scrimmage	Team Scrimmage	Team Scrimmage	Team Scrimmage
3:55 PM	Meeting/Dismissal	Meeting/Dismissal	Meeting/Dismissal	Meeting/Dismissal	Meeting/Dismissal

Daily Competitions include: Hardest shot using Adidas Smart Ball, Fastest Camper with & without the ball, Juggling, Crossbar challenge, Penalty shootout.

Fun/Games Activities: Are a way for kids to get their minds off of all the skills they've been developing throughout their morning and recharge before an action packed afternoon.

Soccer Olympics: is a culmination of drills/activities that require all the skills that we've been developing throughout the week!