

SANTA BARBARA SOCCER CLUB JR ELITE CAMP

DAILY SCHEDULE & CURRICULUM

Daily Schedule *(Sample)*

8:30am	Orientation (Check-In)
8:35am- 9:30 am	Warm-up, Ball Familiarity & Agility Training
9:30am- 10:30 am	Technical Skill Development (Passing, Receiving, Dribbling, Shooting)
10:30am- 10:45 am	Break
10:45am- 12:00 pm	Session 1 of the Day (Example: 1v1, 2v2 Attacking Overloads)
12:00pm- 12:45 pm	Lunch
12:45pm- 1:00 pm	Free Play
1:00pm- 2:15 pm	Session 2 of the Day (Example: Individual 1v1 Defending)
2:15pm- 2:45 pm	Break- Character Lesson Plans
2:45pm- 3:15 pm	Small-Sided Game (Scrimmages)
3:15pm- 3:30 pm	Review & Reflect

Curriculum Topics *(Samples)*

Monday	Session 1 of the Day (1v1 Attacking) Session 2 of the Day (Individual Defending)
Tuesday	Session 3 of the Day (Support Angles, Distance- Possession) Session 4 of the Day (Transition Moment- Defending Mentality)
Wednesday	Session 5 of the Day (2v2 & 3v2 Attacking Overloads) Session 6 of the Day (2v1 & 2v2 Small Group Defending)
Thursday	Session 7 of the Day (Overloads, 3 rd Man Runs, Combination play) Session 8 of the Day (Situational Defending- Counter Attack, Crosses)
Friday	Session 9 of the Day (Review & Reflect)