

Stricker's Soccer Camp Week 2011

Weather Policy- Camp is On. Camp will go on in the rain. If there is severe weather then the players will be moved to the indoor field house. The girls' groups will be put on the girls side of the field house and the boys' groups will be on the boys side of the field house. They will go through 4 stations-Film room, snack time, playing in the indoor turf field and doing skill games in the locker rooms and hall ways. **We will watch your children for the full time.** If you wish to pick up your child you may, but you have to sign them out. Call 972-459-4727 for any updates. There will be no refunds for inclement weather.

****Please Remember sunscreen, a water bottle, and bug spray(if needed) everyday.**

***Each day of Camp the coaches will give out "a hustler of the day award" as well as, "competition winner awards" in their groups.**

Day 1- Monday

Theme- Jersey Day(wear your favorite Jersey)- Prizes given out for working hard!!

Quote of the Day- "The Price of Success is Hard Work"

Move of the Day- AM Session- Chop in and push out

PM Session- Double Chop, Double Push (away from pressure)

Technical Focus- Dribbling and Tackling principles

Advanced- Recognition of time and space with the ball

Tactical Focus- 2 Zones- Jobs of the Forwards and Defenders

Advanced- Teach Roles of 1st Attacker and 1st Defender

Incoming Freshman- go over 4-4-2 in an 11v11 setting

Competition- Speed Shuttle Dribble

Small Sided Games- 1v1 to the end zones, 2v1's to end zones,

1v1 to goals, 4v4 to goals with 2 zones

Tournaments - Begin- 4v4 , 6v6, or 8v8

Day 2- Tuesday

Theme- Favorite Dallas Team Spirit Day (Mavs, Rangers, Cowboys, FC Dallas)

Quote of the Day- “Champions Are Made When NO ONE is Watching”

Move of the Day- AM Session- “Scissors” Step over and take

PM Session- Double Scissors and take, and pull back 180

Technical Focus- Passing and Receiving Balls Technique

Advanced- Sending and Receiving balls in the air

Tactical Focus- 2 Zones- Review jobs of the Attackers and Defenders

Advanced- Teach Roles of 2nd Attacker and 2nd Defender

Incoming Freshman- work on 11 v11 different line ups 3-5-2 and 4-4-2

Competition- Target passing

Small Sided Games- 2v2 to the end zones, 3v1 to goals,

Adv. 5v2 keep away, 4v2 to goals

Tournaments Continue- 4v4 round robin, or and advanced 8v8 round robin

Day 3- Wednesday

Theme- Wild and Wacky Wed.

Quote of the Day- “The Harder I Work the Luckier I Get”

Move of the Day- AM Session- Shot fake and pull

PM Session- “the Cruyff” into a shot fake and then go

Technical Focus- Correct Shooting Technique

Advanced- Finishing Close Range and from a Volley

Tactical Focus- 2 Zones- Introduce Midfielders.

Advanced- Teach Roles of 3rd Attacker & 3rd Defender(Pressure, Cover, Balance)

Teach the incoming freshman how to run a 4-3-3

Competition- World Cup

Small Sided Games- Flying 1's, 2's, 3's and 4's 1v1 to goal

Tournament- Finish 4v4 and finish 8v8 vs different groups of the same age.

Day 4- Thursday

Theme- Red White and Blue Team USA Day

Quote of the Day- "The Will to Win is Found From Within"

Move of the Day- AM Session- Ping pong touch and a step over

PM Session- Step over and take and the "L" move

Technical Focus- Possession and speed of play- finding the simple pass

Advanced- using the flanks, and the drop pass to keep the ball

Tactical Focus- 3 zones- Review job of Midfielder

Advanced- Teach teams "MOMO"

Competition- King of the Square

Small Sided Games- 3v3 to goals, 4v4 to goals with side neutrals

Tournaments Boy groups vs Girl Groups (Battle of the Sexes)

Advanced- Battle of Sexes and Begin Middle School Tournament

Day 5- Friday

Theme- Camp T-shirt Day- Championship Fri!!

Quote of the Day- "The Best Players Make the Players Around Them Better"

Move of the Day- AM Session- Take the ball out of the air with feet and go

PM Session- Take the ball out of the air and a helicopter

Technical Focus- Taking the ball out of the air, volleys and trapping

Advanced- receiving balls in the air and clearing, and finishing.

Tactical Focus- Review jobs of the different positions on the field

Advanced Review Roles Forwards(attack, support, balance) and Defenders (pressure, cover, balance)

High School- Review the different line ups , 3-5-2, 4-4-2, and 4-3-3,

Competition- Cross Box

Small Sided Games- Flying 1's, 2's, 3's,

4v4 with different restrictions and sizes of fields

Advanced- 8v8 with restrictions

Tournaments "Best on Best" tournament

Advanced- finish either middle school tournament and or BOS

Incoming Freshman- Finish the Middle School Tournament

****On Friday, we will be breaking at 11:00am to do the am group awards. We will break at 7:30 on Fri. for the PM group awards. Each Group will do their own Group awards and then Campers of the Week will be announced in front of everyone.**

THANKS FOR A GREAT WEEK!!

Don't forget to sign up for Warm up Camp July 25-28. Please go to the website www.strickersoccer.com for a registration and details.