



Super Soccer (Age: 5-16)

SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 10:00	Icebreaker <i>Introduction and warm-up activities</i>	Agility Games <i>Warm-up and coordination activities</i>	Communication <i>Understand the importance of communicating with your team</i>	Dribbling Activities <i>Practice some unopposed dribbling skills</i>	Ball Mastery 1 <i>Practice technical skills</i>
10:00 – 10:30	AM Break				
10:30 – 12:30	Speed and Reaction Game <i>Play with intensity and practice awareness, increasing precision</i>	Ball Conservation <i>Retain possession under pressure</i>	Shooting Skills <i>Improve your shooting with better timing & body positioning</i>	Defending/Attacking <i>Understand how defend / attack better</i>	Ball Mastery 2 <i>Practice technical skills</i>
12:30 – 13:00	Lunch				
13:00 – 14:00	Small Oppositions <i>1v1, 2v2, 3v3</i>	Small Oppositions <i>2v1, 3v2</i>	Small Oppositions <i>1v1, 2v2, 3v3</i>	Small Oppositions <i>2v1, 3v2</i>	Small Oppositions <i>2v1, 3v2</i>
14:00 – 14:45	Matches <i>Children get into teams and do friendly matches to apply the skills they have learned, and get the opportunity to improve</i>	Matches <i>Children get into teams and do friendly matches to apply the skills they have learned, and get the opportunity to improve</i>	Matches <i>Children get into teams and do friendly matches to apply the skills they have learned, and get the opportunity to improve</i>	Matches <i>Children get into teams and do friendly matches to apply the skills they have learned, and get the opportunity to improve</i>	Matches <i>Children get into teams and do friendly matches to apply the skills they have learned, and get the opportunity to improve</i>
14:45 – 15:00	PM Break / Pack up / Home				