PROGRAMMING - WEEK 1: June 30 – July 4 (camp does not run July 1)

Theme of the Week:	SOCCER AROUND THE WORLD
Supplies provided:	small stack of paper (Supervisors can expense up to $10 for Royal Cup Trophy supplies)

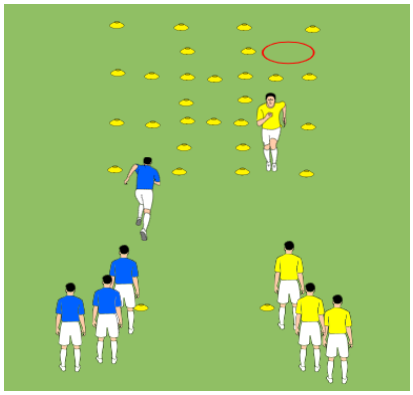
MONDAY



THEME DAY: Create your own country flag with 8.5" x 11" sheet of paper
With blank sheets provided, take time during the day to have campers create their own country flag

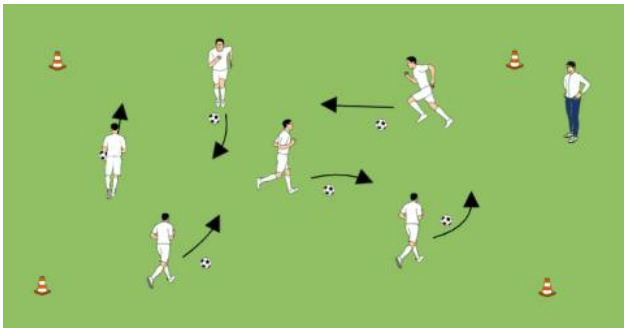


ICEBREAKER: **Who Are You?**
Ask everyone to sit in a circle. Each participant is going to ask another person a question in the circle by gently tossing the soccer ball to them. Before answering the question, they need to start by saying their name.
For example: "Do you have a dog?" Answer – "Jessica, yes I have a dog named Buckets!"



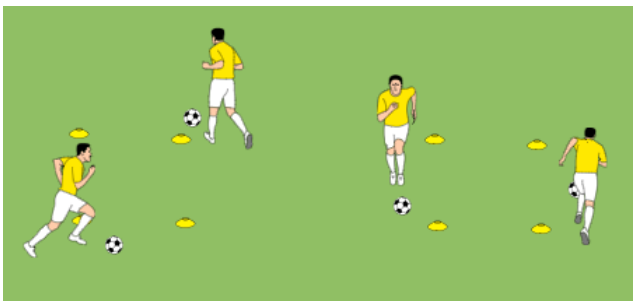
WARM UP: **Tic Tac Toe**
Set up a tic tac toe grid with cones approximately 10 yards from each team. Divide campers into even teams. Give each team 3 pinnies total. The first player in each team must run with their pinnie & place in one of the open squares. The first team to place 3 pinnies in a row, WINS! If all pinnies are placed but now winner, teams continue to run up and move their pinnie to a new square, until a winner is decided.
Variations/Progressions:
• Players must dribble a ball to the grid, place pinnie and dribble the ball back.
Link: https://www.youtube.com/watch?v=8wKxJ5ir6b0

SOCCER #1 - (DRIBBLING/CONTROLLING): **Numbers dribbling**
Set up a 20x20 yard grid with cones. Ask campers to dribble the ball within that space. Start by coaching them to dribble with 1) just their right foot, then 2) just their left foot, then, 3) the inside of their feet only, 4) outside of their feet only. Then advise them that you will shout out a number. Each number represents a different action that they need to complete as quickly as possible (don't be last to perform it):
1 – Stop the ball with your foot
2 – Stop the ball with knee
3 – Stop the ball with your head
4 – Switch balls with someone else
5 – Leave ball and run around all 4 cones, return to ball



Link: https://www.youtube.com/watch?v=Mz2nI2_HucA

SOCCER #2 - (DRIBBLING/CONTROLLING): **Catch me if you can!**



Create several 5x5 or 10x10 yard grids. Start partners on diagonal corners of the grid with a ball. When the coach shouts GO, players must dribble around the outside of the grid trying to catch their partner. If the coach shouts STOP, players must stop the ball, if coach shouts TURN, players must switch directions around the grid.
Coaching Points:
• Speed when dribbling • Controlling the ball
Link: https://www.youtube.com/watch?v=EWTV4lagQnM

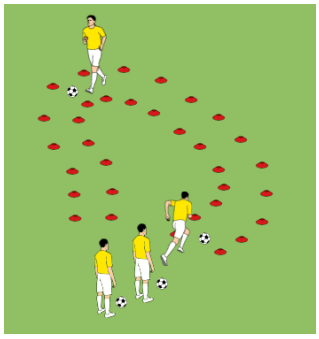
SOCCER #3 - (DRIBBLING/CONTROLLING): **Corn Maze**

Create a maze or slalom course using cones. Each player has a ball. Players take turns dribbling through the maze as quickly as possible.

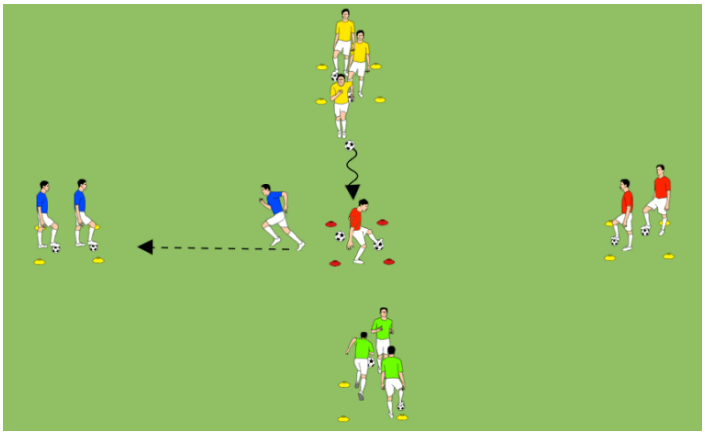
Variations/Progressions:

- Encourage use of both feet & parts of their feet
- Time players & encourage to beat their own time.

Link: https://www.youtube.com/watch?v=C5gvSFR1g68



SOCCER #4 - (DRIBBLING/CONTROLLING): **Fill the Bucket**



Create four different squares equal distance apart and one square in the middle, split campers into teams of 3 or 4. On coach's call, campers must dribble one at a time and place the ball into the middle grid and run back to their spot as quickly as possible and high five next person in line. First team to place all soccer balls into middle grid wins.

Coaching Points:

- Communicating
- Dribbling with head up

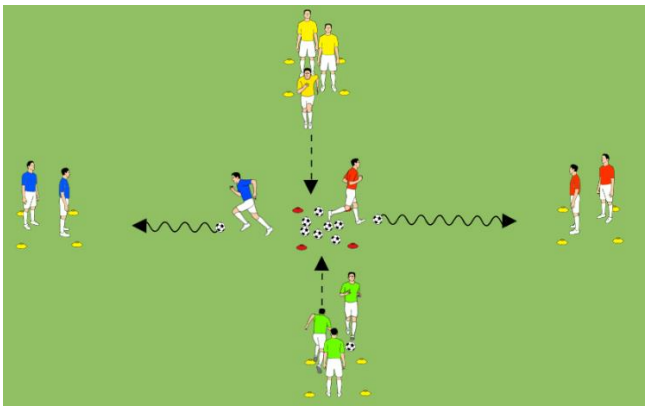
Link: https://www.youtube.com/watch?v=gsdGp-CT3tk

SOCCER #5 - (DRIBBLING/CONTROLLING): **Empty the Bucket**

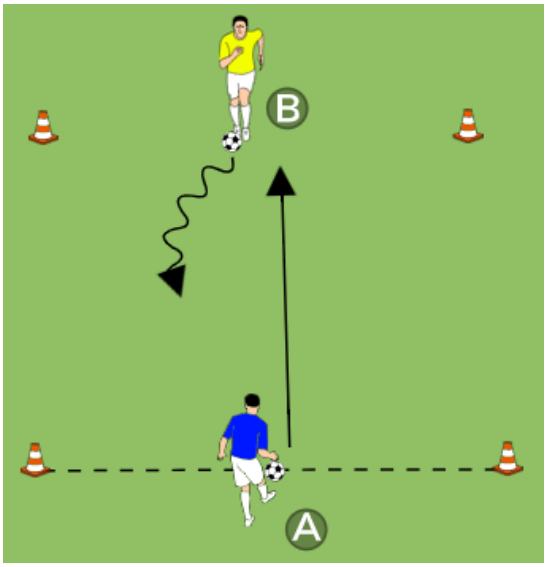
Using the same teams and set up from activity one, players must take the soccer balls from the middle grid and bring as many soccer balls back as possible. One at a time, campers must run to the middle grid as quickly as possible then dribble back and place the ball into their team's grid. Once all balls in the middle are gone, players can 'steal' from other teams' grid until time runs out.

Coaching Points:

- Improve ball control skills



Link: https://www.youtube.com/watch?v=vhWQ3Kd1CPA



SOCCER #6 - (DRIBBLING/CONTROLLING): **Partner Dribble Game**

In a 10x10 yard grid, one partner stands on a line with a ball about 10-20 yards away from the other partner stands. Player A passes the ball to player B, then defends the line between the cones by trying to either win the ball or knock the ball out of bounds. If player A touches the ball, they will earn 1 point. If player B can dribble safely to the opposite line, they earn 2 points. The first player to earn 10 points is the winner. Then they reverse rolls.

Coaching Points:

- Encourage use of space, pace and change of direction

Link: https://www.youtube.com/watch?v=ENgKv5KvV1o

QUIET GAME #1: **ORCHESTRA**



All campers are in a circle. The camper chosen to be GUESSER leaves the circle long enough for the leader to choose someone to lead the group (the MAESTRO) in an action. The action, for example, can be tapping their lap with their hands. The action is then copied by the group. The GUESSER returns to the group and tries to guess which camper is leading/changing the actions…the MAESTRO. The GUESSER must stand in the middle of the circle and rotate around otherwise the MAESTRO won't change the action. Explain that the MAESTRO should change the actions often and other campers in the ORCHESTRA should try not to watch the MAESTRO directly, so they don't give it away.
Link: https://www.youtube.com/watch?v=V8B-EALxGkM



QUIET GAME #2: **THUMPER**

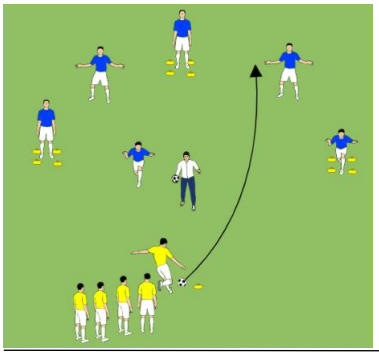
Players sit in a circle. Each player picks a symbol/action that represents them (ie. thumbs up, hand wave, brushing their hair, touching their nose, etc.). The symbol should not include a sound, be inappropriate and everyone should be able to perform it. Play starts by having all players tapping their knees twice, then clapping twice, then the staff member or designated STARTER starts it by making their symbol first and then another player's symbol (essentially passing it on). That person must then make their own symbol first and then another player's. A player is eliminated if they hesitate or do the wrong symbol or do a symbol of someone out of the game. Play continues until only 2 or 3 players are left.

ACTIVE GAME #1: **ELEPHANT BALL**



Campers all stand in a circle with their feet up against the camper beside them. A ball is thrown into the middle and players, using their 2 hands clasped together, try to bump the ball between other campers' legs by swinging their arms like an Elephant Trunk. If the ball goes between the camper's legs, they are down to just 1 arm. If that player loses again, they step out of the circle, and the circle gets smaller.

Link: https://www.youtube.com/watch?v=zHHae8Tperg



ACTIVE GAME #2: **SOCCER BASEBALL**

Make a baseball diamond with cones representing the bases. Split the group into two teams. One team takes turns kicking the ball as it is rolled or bounced to them, one at a time. By following the same rules as baseball, you can play 2 different ways: 1) kicking team plays until outfield team gets 3 people out, or 2) kicking team gets 1 turn per person. Kicking team then becomes outfield.

Link: https://www.youtube.com/watch?v=vvukFoXudy4

JOKE OF THE DAY: Why did the soccer ball quit the team? **A: It was tired of being kicked around!**

QUESTION OF THE DAY: If you could create your own soccer team with any animals as players, which animals would you pick for goalie, defender, and striker — and why?

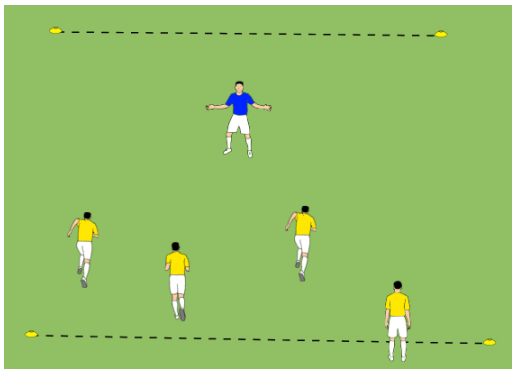
TUESDAY – no camp

WEDNESDAY



THEME DAY: Create a 'Royal Cup' trophy

Supervisors can expense up to $10 to purchase supplies to help campers make their very own 'Royal Cup' trophy. Send a photo to sup@royalsoccer.com for a chance to win Photo of the Week.



WARM UP: **BRITISH BULLDOG**

Start with all campers lined up on one end of the field. Designate 1 or 2 campers to start as the 'bulldogs' and stand in the middle of the field. When 'bulldogs' shout 'british bulldog!', all other campers try to run to the opposite side without getting tagged/touched. If a camper is tagged, they become a 'bulldog' and help tag others in the next round. Game continues until only 1 camper remains untagged—they are the winner!

SOCCER #1 (PASSING/SHOOTING): **Force Challenge Drill**

Campers stand approximately 5 yards apart (or from the sideline). Ask campers to kick/pass the ball so that it stops as close to the line as possible. Partners to retrieve the ball each time. Repeat several times and then have partners switch. This is a fun game to measure accuracy and weight of passes.

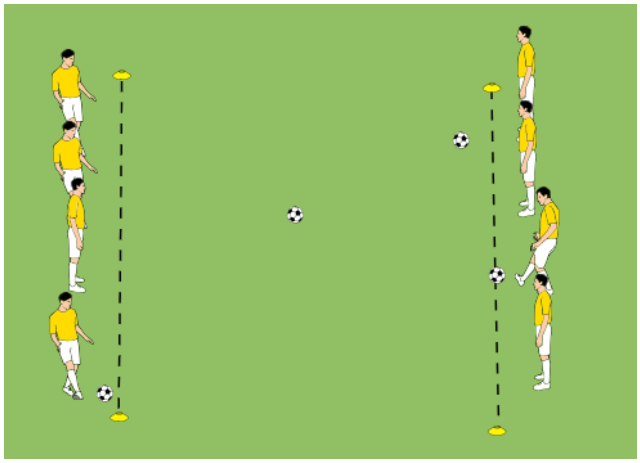
Variations/Progressions:

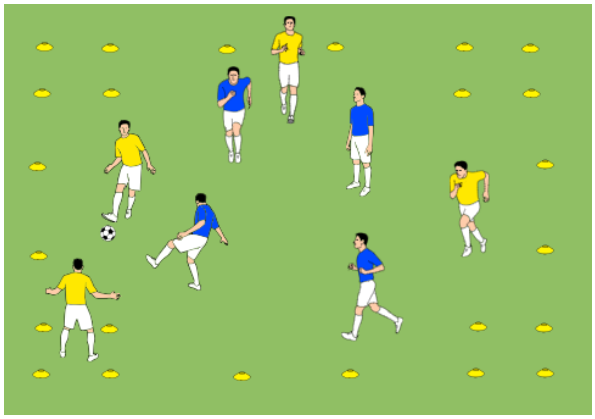
• Repeat the actions from further or closer distances

Coaching Points:

• Encourage proper kicking technique for making flat passes

Link: https://www.youtube.com/watch?v=WIJRtsngd3o





SOCCER #2 (PASSING/SHOOTING): **Four Corner Passing**

Set up a large 40x40 yard grid with four smaller grids on the outside corners. Split the group into 2 balanced teams, each with different colour pinnies. Teams try to keep possession of the ball and to 'score' a team must pass to their teammate standing inside one of the corner grids. Players cannot just stand in the corner, they must run into the corner grid to receive the pass and then continue. A team scores a point by successfully passing to a teammate who is standing inside one of the corner grids. Teams can score in any corner but cannot score in the same corner two times in a row. Play to a set time or score limit.

Link: https://www.youtube.com/watch?v=s8aFBkDkpmo

SOCCER #3 (PASSING/SHOOTING): **Rapid Fire Shooting**

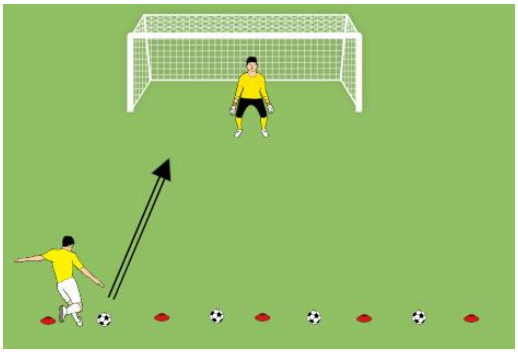
Players take turns in goal. Layout 4-5 balls approximately 15 feet from the goal line along a straight line between cones. Each camper has a turn to shoot all the balls as quickly as they can and score as many goals as possible.

Variations/Progressions:

• Shoot to alternating sides of the net to keep the goalkeeper off balance

• gradually increase the shooting distance to add difficulty

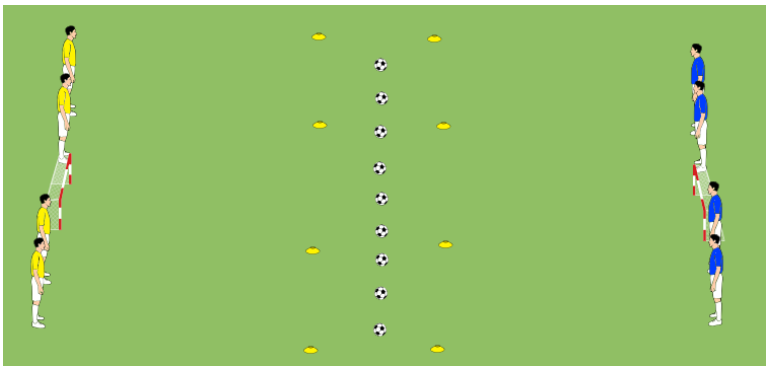
Link: https://www.youtube.com/shorts/OtZqONAg4N8



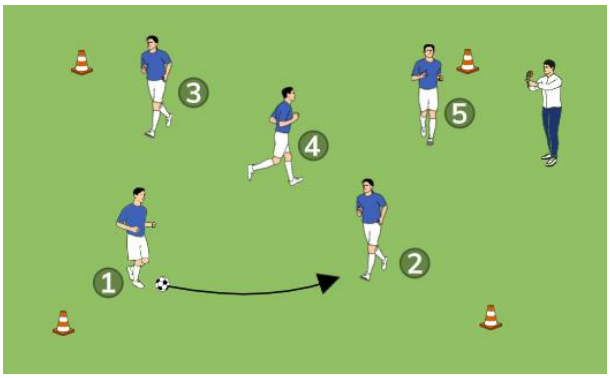
SOCCER #4 (PASSING/SHOOTING): **4 goal shooting**

Pairs of players line up by their goals. Place 10-12 soccer balls in the middle. On command, players run to retrieve balls and score in their own net, while standing in the shooting zone. If they miss, they must retrieve and score it before getting another ball. The first team to score four goals wins. No stealing balls: whoever touches it first takes it to the goal.

Link: https://www.youtube.com/watch?v=3u0FfNEWCgc



SOCCER #5 (PASSING/SHOOTING): **Number sequence passing**



Campers are running around within a grid area, each designated with a number. Players should pass to each other in sequence (ie. 1 to 2, 2 to 3, 3 to 4, etc). To make it more difficult, players can only use a limited number of touches (ie. 3 touches, 2 touches, 1 touch if really good). Stress that players must move around constantly anticipating when they are to receive the ball.

Coaching Points:

- keep head up and communicate in advance
- Get out in front of the player passing to you

Link: https://www.youtube.com/watch?v=uJqWtOiT698

SOCCER #6 (PASSING/SHOOTING): **Soccer Tennis**

1. Set up 3 rectangles (2 on the end are 10 x 25 yd and 1 in the middle about 10 x 5 yd). Divide players into 3 teams of 3 or 4, each team with pinnie colours.

2. Coach passes the ball from the outside to one of the end zone teams.

3. A defender from the middle team enters the ball-holding team's zone and tries to win it or kick it out of the grid.

4. The team with the ball must complete 3 passes before attempting to pass it through the middle zone to the other end zone team.

5. If the middle team intercepts or kicks the ball out, middle team replaces the team who lost the ball and play restarts with a coach's pass.

Coaching Points:

- Players should get into a diamond shape as quickly as possible.
- Keep passes quick and accurate.

Variations/Progressions:

- Teams must make more passes. 2 touch play.
  More defenders.

Link: https://www.youtube.com/watch?v=v4xDx6i1Y8Y



QUIET GAME #1: **ON MY WAY TO GRANDAMA'S HOUSE**

All players sit are in a circle. The leader starts the game by saying 'on the way to grandma's in my suitcase I packed a comb'. The next player must say 'on my way to grandma's in my suitcase I packed a comb and PJs'. Play continues until someone can't remember all the items!





QUIET GAME #2: **CHARADES**

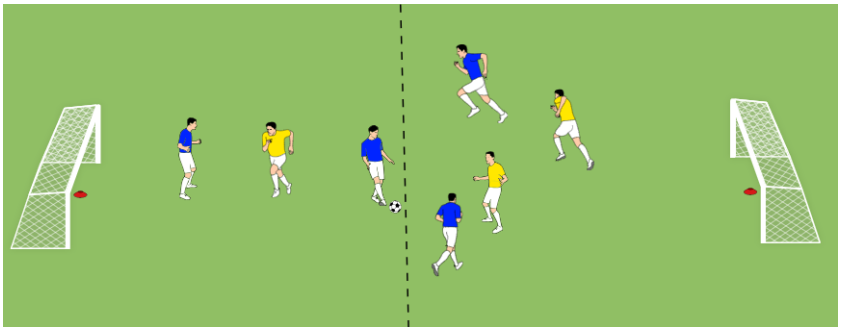
A player starts by acting out a movie, TV show, sport, or other. All the other players must guess what is being acted out. The person who guesses correctly then becomes the actor.

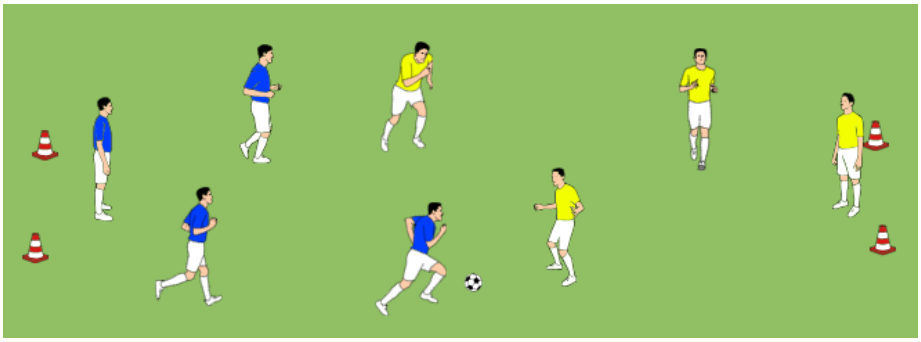
Link: https://www.youtube.com/watch?v=5YPSfaEGTQ0

ACTIVE GAME #1: **Capture the Flag Soccer**

Divide players into 2 teams, each with a flag (cone or pinnie) at their goal. Teams try to score while also attempting to capture the opposing team's flag. Players must avoid getting tagged by the other team while carrying the flag back to their own side. If a player gets tagged, they must sit down until touched by their teammate to be free. If a player successfully captures the flag, they must bring it back to their side without getting tagged to score a point for their team.

Link: https://www.youtube.com/watch?v=AwQKf5Mn5Zc





ACTIVE GAME #2: **Small Sided Games (Scrimmage)**

Divide into teams of 2 (or 4, depending on space and camper numbers). Campers must make 3 passes before being able to score.

Link: https://www.youtube.com/watch?v=x-0wo7WPxOA

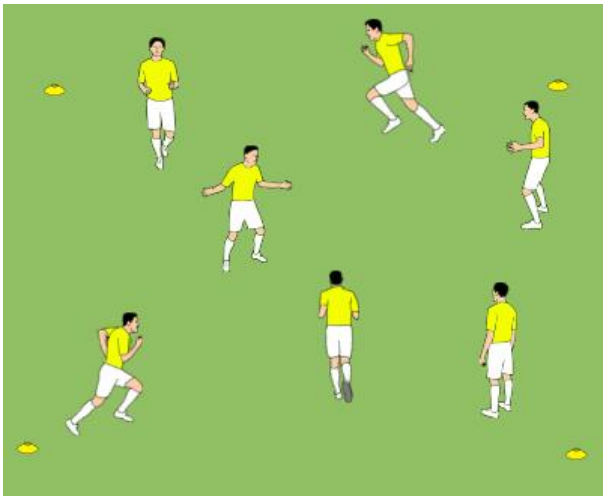
JOKE OF THE DAY: Why did the golfer have an extra pair of pants? **A: In case they got a HOLE IN ONE!**

QUESTION OF THE DAY: If you could have any superpower on the soccer field, what would it be?

THURSDAY

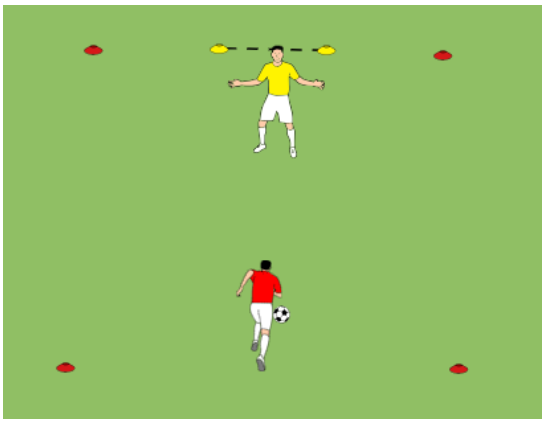


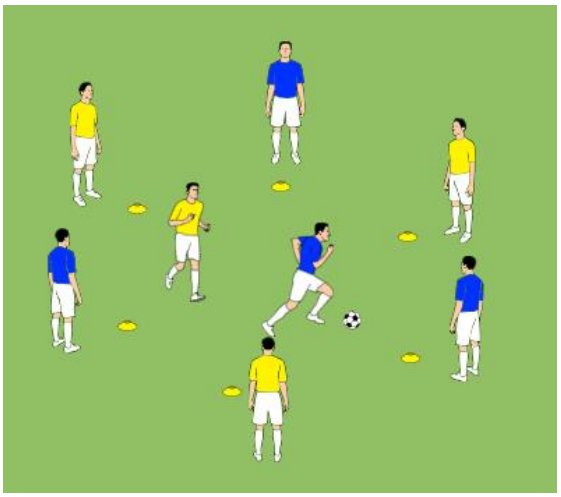
THEME DAY: Bring in your favourite country flag.
Campers are encouraged to bring their favourite country flag to camp for the day.



WARM UP: **Everyone's it Tag**
Everyone is "it" in this game! Players try to tag each other while avoiding being tagged themselves. If tagged, sit down where you got tagged, you are back in the game when the person who tagged you, gets tagged. If you tag each other at the same time play rock, paper, scissors, the person who lost sits down.
Variation:
Using 2-4 balls, players can 'tag' other players by tossing the ball & hitting them below the waist. That 'tagged' player isn't back in the game until their tagger gets tagged.
Link: https://www.youtube.com/watch?v=sYLGlZJM-7c

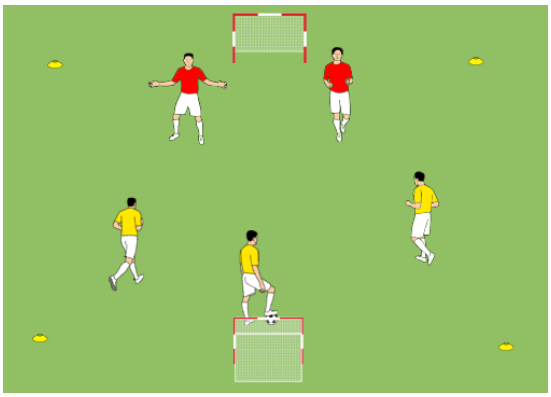
SOCCER ACTIVITY #1 (ATTACKING/ DEFENDING): **1v1**
Have players pair up. Place each pair in 10x25 yd grids, with one player having a ball. On the coach's command, the player with the ball tries to dribble through the opponent's gate. Defenders must protect their gate and win back possession. When a goal is scored or the ball goes out, players switch roles. Switch partners every 5 minutes.
Variation:
Setup 2 smaller gates on opposite sides of the end line providing more difficulty for the defender to defend both gates.
Link: https://www.youtube.com/watch?v=qadLP-8ebY8





SOCCER ACTIVITY #2 (ATTACKING/ DEFENDING): **1v1 Keep away**
Create 1 large circle/grid area. Divide players into 2 teams, 4 players from each team. 3 players from each team should be outside the circle and 1 player from each team inside the circle. The players inside the circle compete 1v1 for possession of the ball once played in from the outside circle. If the blue player keeps the ball for more than 3 seconds, they pass to a blue teammate outside the circle to earn a point. The blue player who received the pass enters the circle to continue the 1v1 against the red player. The blue player who was inside exits to take a position outside.

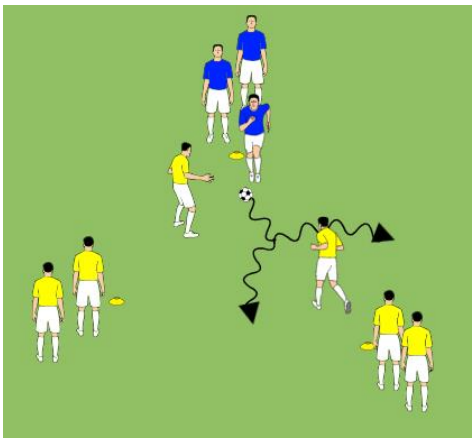
Link: https://www.youtube.com/watch?v=9Nw8pEVJgmQ



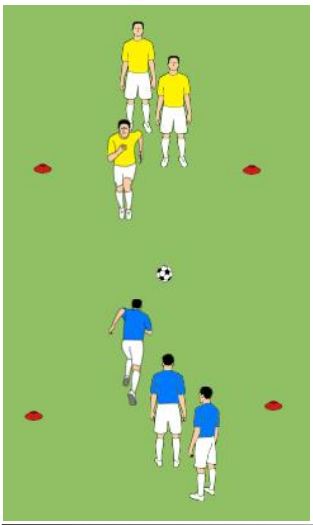
SOCCER ACTIVITY #3 (ATTACKING/ DEFENDING): **3v2 Transition Drill**
Set up a small field with two defenders and three attackers. The attackers try to score while the defenders work to win the ball back. Once a goal is scored or the ball goes out, a new group of three attackers enters quickly, and the previous attackers become defenders. Keep rotating roles so all players get to practice both attacking and defending in transition.

Link: https://www.youtube.com/shorts/I_LepAByBCk

SOCCER ACTIVITY #4 (ATTACKING/ DEFENDING): **Defensive Triangle Drill**
Create a triangle with three players (attacker, defender, and supporting defender). The attacker tries to dribble past the defender towards the supporting defender. The defender applies pressure to slow down the attacker and force them towards the supporting defender. Rotate players to practice different roles in applying pressure and providing support.



Link: https://www.youtube.com/watch?v=dCOlvVHFojE



SOCCER ACTIVITY #5 (ATTACKING/ DEFENDING): **STEAL THE BACON**
Divide your group into 2 equal quantities of players. Assign each player on each team a number…there should be equal numbers on both teams. Each team should have a "1", a "2", etc. Set a boundary line for each team and place your "bacon" in the middle. When you call out a number, the player from each team tries to capture the bacon and get it back over to their boundary line. The first person to do this gets a point.

Variations/Progressions:
- Call more than one number
- Change the ball to a pinnie, try to get back to your line without being tagged

Link: https://www.youtube.com/watch?v=y5ipn5Ooipc

SOCCER ACTIVITY #6: **STAFF VS CAMPER GAME**

- Keep it fun and safe for everyone
- Staff MUST play cautiously, gently and avoid any contact
- Make sure all campers are included
- Play fair – let campers enjoy the game
- Avoid bets or promises that could upset campers
- Consider creating 2 games (1 for older campers, 1 for younger)
- Camps LOVE the Staff vs Camper game





QUIET GAME #1: **FLINCH**

Line up campers and make sure their arms are by their side. Staff, with a soft ball, will either 1) fake throw the ball or 2) lightly toss the ball If tossed, the camper must catch it. If fake tosses and camper flinches or does not catch the ball, then they are out or must do an activity (ie. 5 jumping jacks) for a second chance to get back in the game.

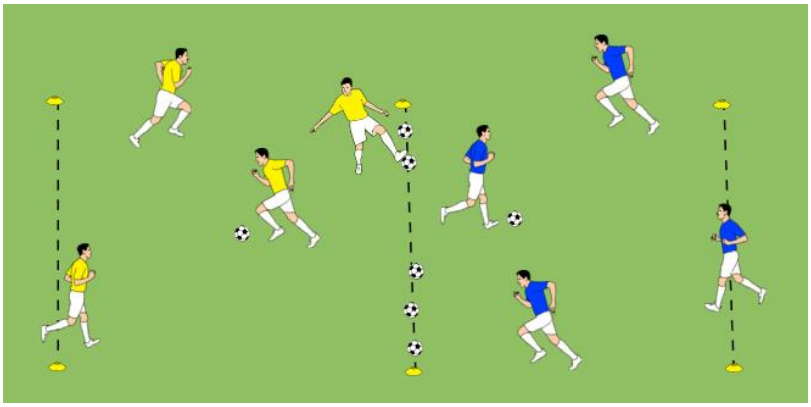
Link: https://www.youtube.com/shorts/zcpfaTPLY80

QUIET GAME #2: **SQUIRT**



Players stand in a circle. The counselor will stand in the middle and be the squirt master. The squirt master will put two hands together and point at a camper saying "squirt". The camper pointed at will duck, and as quickly as they can, the players on either side of the camper who ducked has to say the other camper's name. The camper who says it slower is 'out'. This repeats until only two players remain. To determine the winner, they stand back-to-back. The counselor starts to tell a story while the 2 campers walk away from each other. When the camper stops the story to say "squirt", the campers turn around and say the other campers name as fast as possible. The first camper to say the name wins!

Link: https://www.youtube.com/watch?v=JGKLS6JeZ4g



ACTIVE GAME #1: **Too few soccer balls, two many players**

Divide the group into 2 teams. Create a midline, placing soccer balls on the line. Have opposite teams facing each other and have them standing equal distance apart. On coach's command, players must sprint to the middle and compete for possession of the ball and attempt to dribble it back to their own end line. The team with the most soccer balls on their side by time limit wins.

ACTIVE GAME #2: **World Cup**



This game can be played in teams of 1, 2, 3 or more. Teams compete against each other with only one net. The goalie starts by tossing or kicking the ball out of his away while teams battle to get possession of the ball and score. The last team to score each round is eliminated and stands behind the net to retrieve balls. If you score you move into the next round and stand off to the side. Each new round continues until one team remains.

Variation:

If an eliminated player catches the ball mid-air behind the net, their team re-enters the game.

Link: https://www.youtube.com/watch?v=2NOwuz35dqE

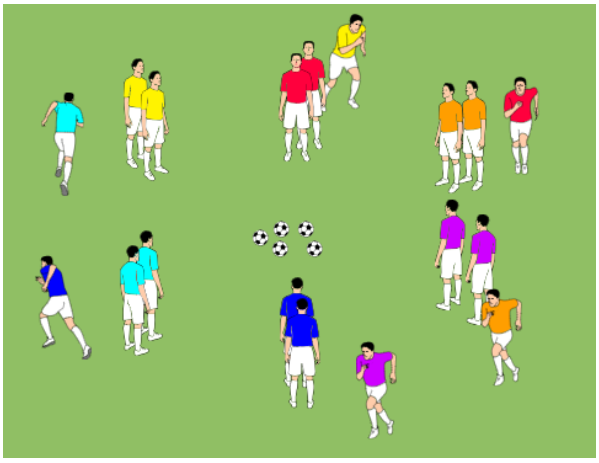
JOKE OF THE DAY: How do birds cheer for their favourite soccer teams? **A: They EGG them on!**

QUESTION OF THE DAY: If you could create a brand-new soccer move, what would it be called and how would it work?

FRIDAY

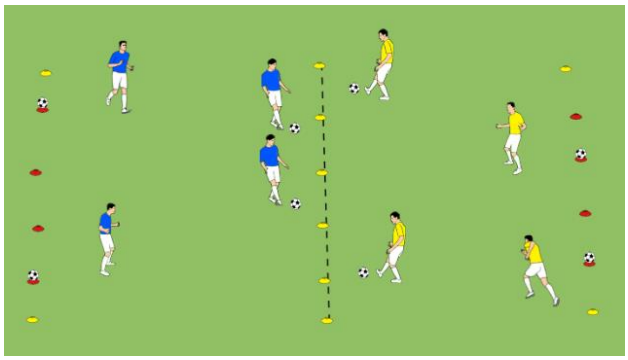


THEME DAY: Wear your favourite soccer jersey day!
Encourage campers to wear their favourite team jersey (doesn't have to be soccer).

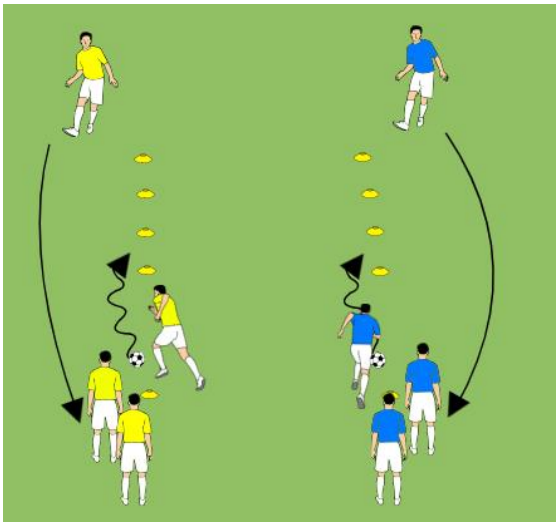


WARM UP: **Larry, Curly, Moe Race**
Teams of 3 stand around in a circle. Each team should have 3 players: Larrys (oldest), Curlys (middle), and Moes (youngest). The counselor will stand in the middle and call out one of the names: "Larry!", "Curly!", or "Moe!". When a name is called, all players with that name must run around the outside of their circle, running under the bridge formed by their teammates' raised hands. After passing through, they sprint to the center of the field, where a pile of balls are waiting—one less than the number of groups. The players who grab a ball stay in the game. The player left without a ball is out!
Link: https://www.youtube.com/watch?v=AdbZSNaPfkc

SOCCER ACTIVITY #1 (TEAM PLAY/ WORLD CUP): **Last ball wins**
The players are divided into two teams and are placed on opposite sides of the field. Each team starts with five balls and can only shoot from behind a line of cones, however, they can go over the line to retrieve a ball. The aim is to knock soccer balls off the central cones (when balls are knocked off, they can then be retrieved and used). The winning team is whoever knocks the final ball off the cone.



Variations/Progressions:
• Vary the distances of passes, giving both teams some targets that are closer and further away.
Link: https://www.youtube.com/watch?v=JMnCtVzdew0



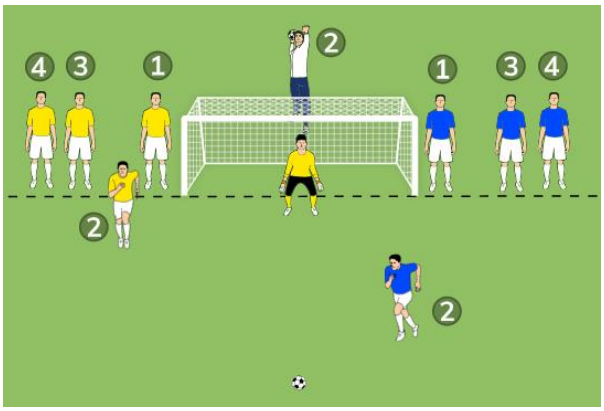
SOCCER ACTIVITY #2 (TEAM PLAY/ WORLD CUP): **Team relay race**
Set up cones in a straight line with players lined up behind the first cone. The first player goes through the course then turns around and passes the ball to the next player in line and runs to the end of the line. The receiving player then repeats the process. The first team to have everyone on their team complete the course wins.

Variations/Progressions:
- Change the distance and placement of the cones, be creative
- Players use different feet, go backwards, etc.

Link: https://www.youtube.com/watch?v=7YOUktbrBWE

SOCCER ACTIVITY #3 (TEAM PLAY/ WORLD CUP): **Number soccer**

Divide players into two equal teams, give each player a number. Players with the same number should have similar skill levels. Call out a number, and the players with that number from each team race to win the ball and score for a point.



Variations/Progressions:

- Call out multiple numbers
- Must make a pass before scoring

Link: https://www.youtube.com/watch?v=KS3YyYvzO_U



SOCCER ACTIVITY #4 (TEAM PLAY/ WORLD CUP): **ROYAL CUP!**

Make balanced teams for a ROYAL CUP. Be creative with the team names, asking for input from the campers. Some suggestions are Barcelona, Portugal, France, and Germany. The number of campers will dictate the number of teams you have AND the number of rounds that you will have in your tournament. Play Round #1 and then take a break. The winner of Round #2 determines the winning team of the ROYAL CUP!

Here is an Example:

Barcelona		VS		France
Portugal				Germany

QUIET GAME #1: **BANG BANG…WHO DID I GET**

Players sit in a circle. The staff make a some crazy (kid friendly) gesture (ie. waves their arms in different directions) and says “Bang, bang…who did I get?” Players try to guess who the Staff got. Staff determines who is IT by way of any means they chose. For example, first player to same something out loud (ie. guesses a name of a player) try becomes IT, or the player to the left of the first person to guess.





QUIET GAME #2: **TELEPHONE**

Sit in a circle with your group. One camper or staff will come up with a sentence typically 5-10 words long, for example: The purple elephant loves to dance in jelly.’ The older the group, the more complicated the sentence. The 1st player whispers the sentence into the ear of the person sitting next to them, then that player to the next, until the phrase has reached the last camper in the circle. The last camper will say what they think the phase was at the beginning. And everyone laughs!

Link: https://www.youtube.com/watch?v=7GtsdY6dICg

ACTIVE GAME #1: **SCAVENGER HUNT**

Staff hide objects (rocks colored with chalk, pinnes, etc.) for the campers to race around the park to find. To advance the game, staff can create clues to help the campers, which will be found under each of the objects at their hiding place.

Link: https://www.youtube.com/watch?v=pTQRNocSqAM





ACTIVE GAME #2: **Hot Seat**

With a goalie in net, players line up to shoot. The coach passes the ball in to the first player in line. If a player scores, they go to the back of the line and continue. If they miss, they must stand in the 'hot seat'. If the next player shoots and scores, the hot seat player is out but if they miss, that player must take the 'hot seat' and the previous player is back in. The game continues until one player remains.

Variations/Progressions:

• If players who are out catch the missed shot behind the net, they are back in

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JOKE OF THE DAY: What's a soccer player's favorite type of tea? **A. Penalty!**

QUESTION OF THE DAY: What's the most important skill in soccer: passing, shooting, or defending?