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HEAD COACH CHECKLIST

Before MEGA Sports Camp begins

- Read this playbook. The activities have been tested in many settings to make sure they work with kids.
- Examine the soccer facility. Keep the setting in mind as you plan the daily activities.
- Attend the MEGA Sports Camp Volunteer Training. Meet the Huddle Coaches who will help at the soccer Sports Sessions. Allow them to look over the **Soccer Playbook** if they would like to become familiar with the activities.
- Check with the Camp Director for how to handle sports injuries. Record the plan on the safety page of this playbook (page 14).
- Gather sports equipment. You're reading one of the most important resources—the **Soccer Playbook**. Kids will be asked to bring a soccer ball and shin guards when they register, but you may want to have a few extras on hand, just in case. See the list of supplies at right.



YOU WILL NEED

Recommended for an average camp of 24 soccer players:

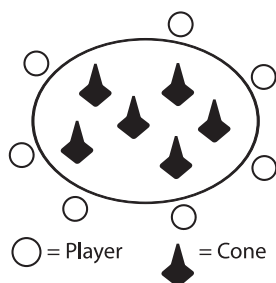
- 1 soccer ball for each player
- Shin guards for every player
- 1 whistle for the Head Coach
- Watch or clock to stay on schedule
- 20 cones
- 20 half cones
- 12 pinnies (or enough for half of the kids) to designate teams during games

7. BEAT THE CLOCK

[good for all ages]

Put the players in a circle around a random or organized set of cones. Vary the size and number of cones depending on the players' ages and abilities. Time the drill to see how long it takes for the players to knock down all the cones using the side-of-the-foot pass and three balls. Repeat several times.

VARIATIONS: A larger circle; larger cones.

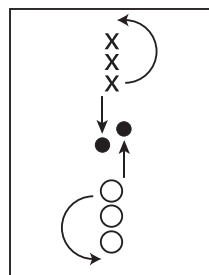


8. NEVER ENDING PASSING

[good for all ages]

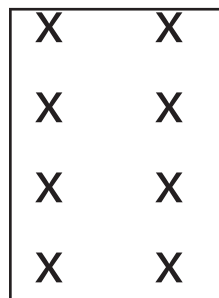
Begin the drill by having player X pass the ball to the first player O in the other line. Have player O duplicate the process. Continue in this manner until you are ready to stop the drill.

VARIATIONS: Right foot only; left foot only; one touch; two touch; see how long the team can go without making a mistake.



9. PASSING LINES

Get your team set up in a line facing each others' backs. Send a ball to the first person who then turns and passes to the next person and so on until the very end. Time to see how fast the kids go and then see if they can beat that time. You can also send more than one ball down at a time.

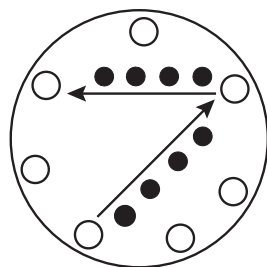


10. TAKE MY PLACE

[good for all ages]

Set up the players in a circle with a ball. Start the drill by having a player pass the ball to whomever she wishes. After she passes the ball, have her run and take the place of the person she passed to. Have the person who receives the pass continue this process as quickly as possible. Continue the drill until you are ready to stop play.

VARIATIONS: Play with one touch or two touch.



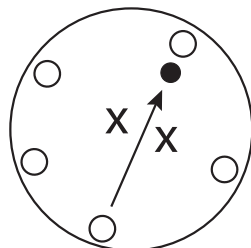
○ = Player
●●● = Ball path

11. TEAM VS. TWO

[good for older players]

Have the players form a large circle with two players in the middle. Tell the outside players (Os) to try to make five consecutive passes without the inside players (Xs) touching the ball. If the Xs do not touch the ball, they do five push-ups. If an inside player (X) touches the ball, rotate that player with the last O to touch the ball.

VARIATIONS: Add a second ball. Use one touch passes. Use right or left foot only.



○ = Passer
X = Defender
● = Ball

SESSION 2:

Tactical Session, Two vs. One to Goal

INTRODUCTION:

Day 1 was about dribbling and taking people on one vs. one. Today's skills focus on working together and building teamwork skills. The rest of the week, games will work on teamwork concepts with more and more players. Today's games are about teammates working together to score a goal against one defender.