



**PROGRAMME 1 SUMMER 2013 HOLIDAY FOOTBALL PROGRAMME - am sessions**

WEEK 1					WEEK 2				
Mon 29 <sup>th</sup> Jul	Tue 30 <sup>th</sup> Jul	Wed 31 <sup>st</sup> Jul	Thu 1 <sup>st</sup> Aug	Fri 2 <sup>nd</sup> Aug	Mon 5 <sup>th</sup> Aug	Tue 6 <sup>th</sup> Aug	Wed 7 <sup>th</sup> Aug	Thu 8 <sup>th</sup> Aug	Fri 9 <sup>th</sup> Aug
Introductions, domestics and ground rules	Own warm up	Own warm up	Own warm up	Own warm up	Introductions, domestics and ground rules	Own warm up	Own warm up	Own warm up	Own warm up
Warm-up activity - Football Statue	Warm-up activity - King / Queen in the ring	Warm-up activity - Musical Ball	Ball manipulation - Dribble or pass	Ball manipulation - space recognition	Warm-up activity - Group-link tag	Keep ball game 'First team in'	Ball manipulation - space recognition	Ball manipulation - Dribble or pass	
Skittle football matches	Passing drills (in a square)	Agility and coordination work with hurdles	Risky business finishing game	Agility and coordination work with ladders	Dribble, turns and skills	Passing drills (in a triangles)	Directional multi-target match	Ball manipulation - pass and move	
Chest football	Base / Football game	Ball manipulation work	Combination passing drill (drop shoulder in middle)	Football tennis	Overload 'score first' game	Decision finishing / end zone game	Feedback / recap	Football tennis or Cricket football <b>(own choice)</b>	<b>Tournament Day</b>
Feedback / recap	Feedback / recap	Feedback / recap	End Zone match	Feedback / recap	Skittle football matches	Feedback / recap	Football tennis or Cricket football <b>(own choice)</b>		
'BiG' Match	'BiG' Match	Overload 'score first' game 'BiG' Match	Feedback / recap 'BiG' Match	'BiG' Match	BiG conditioned matches and free play	'BiG' Match	'BiG' Match	BiG conditioned matches and free play	
Cool down	Cool down	Cool down	Cool down	Cool down	Cool down	Cool down	Cool down	Cool down	



## PROGRAMME 1 SUMMER 2013 HOLIDAY FOOTBALL PROGRAMME - pm sessions

WEEK 1					WEEK 2				
Mon 29 <sup>th</sup> Jul	Tue 30 <sup>th</sup> Jul	Wed 31 <sup>st</sup> Jul	Thu 1 <sup>st</sup> Aug	Fri 2 <sup>nd</sup> Aug	Mon 5 <sup>th</sup> Aug	Tue 6 <sup>th</sup> Aug	Wed 7 <sup>th</sup> Aug	Thu 8 <sup>th</sup> Aug	Fri 9 <sup>th</sup> Aug
Own warm up	Own warm up	Own warm up	Own warm up	Own warm up	Own warm up	Own warm up	Own warm up	Own warm up	Own warm up
Warm-up activity - 'Gate keeper'	Skills corridor	Agility and coordination work with hurdles part 2	Ball manipulation - pass and move	Agility and coordination work with ladders part 2	Warm-up activity - Ball tag	Warm-up activity - Great escape	Warm-up activity - Skills corridor	Warm-up activity - Gate keeper	
Ball manipulation 'Gate keeper' continuation	Passing drills in overlapping squares (with interference)	Keep ball game - 'First team in'	Cricket football	Decision finishing / end zone game	Combination passing drills (diagonal movement & rotation)	Ball manipulation 'Great escape' continuation	Risky business finishing game	Ball manipulation 'Gate keeper' continuation	<b>Tournament Day</b>
Chest football part 2	Base / Football game part 2	Ball manipulation work - 'challenge yourself time'	<b>Target Performance Analysis activity</b>	<b>Target Performance Analysis activity</b>	Keep ball 'cross the bridge' game	Passing drill in triangles( with interference)	<b>Target Performance Analysis activity</b>	<b>Target Performance Analysis activity</b>	
Feedback / recap	Feedback / recap	Feedback / recap	BiG match	Feedback / recap	'BiG' Match with coaching points	'BiG' Match with coaching points	Feedback / recap	Feedback / recap	Cool down
'BiG' Matches - conditioned game and free play	'BiG' Matches - 'I challenge you game' and free play	'BiG' Matches - mini competitions	Feedback / recap	BiG match	Feedback / recap	Feedback / recap	'BiG' Matches - 'I challenge you game' and free play	'BiG' Matches - conditioned game and free play	<b>COMPLETE FEEDBACK FORMS</b>
Cool down	Cool down	Cool down	Cool down	Cool down	Cool down	Cool down	Cool down	Cool down	<b>PRESENTATION CEREMONY</b>