



COYM Sports Camp Schedule

Day 1 – Football Fundamentals & Fun

9:00 – 9:30 AM: Warm-Up & Team Briefing

- Begin with dynamic stretches, light jogging, high knees, and lateral shuffles.
- Conduct a brief team meeting to outline the focus for the day: passing, catching, and footwork.

9:30 – 10:00 AM: Video Demonstration

- Watch “IMPROVE your game with these 10 essential drills” (by Unisport) to review proper techniques.
- Discuss key takeaways such as “touch in the box” and quick-release drills.

10:00 – 11:00 AM: Skills & Drills Session

- Break into small groups to practice drills on passing accuracy, catching fundamentals, and footwork (using cones and markers).

11:00 – 12:00 PM: Game-Based Drills & Mini-Scrimmages

- Run drills designed for quick decision making and finish with a controlled mini scrimmage emphasizing positional play.

12:00 – 12:30 PM: Lunch Break

12:30 – 2:30 PM: Extended Drills & Tactical Play

- Continue with more refined drills such as advanced route running and precision passing.
- Include friendly competitive challenges to further sharpen skills.

2:30 – 4:00 PM: Full-Field Scrimmage & Cool-Down

- End the day with a full-field scrimmage to put the learned skills into practice.
- Cool down with static stretching and a brief review session.

Day 2 – Soccer Skills & Strategy

9:00 – 9:30 AM: Warm-Up & Soccer Mobility

- Begin with dynamic jogging, high skips, leg swings, and soccer-specific mobility exercises that emphasize ball touches.

9:30 – 10:00 AM: Video Session

- Watch “Soccer Drills For Beginners | The Best Football Training Drills For Beginners” (by Progressive Soccer) focusing on dribbling and passing basics.
- Discuss proper foot techniques and control drills from the video.

10:00 – 11:00 AM: Skills & Drills Practice

- Set up cone drills for enhanced ball control and quick dribbling.
- Practice short passing & receiving in pairs and incorporate juggling exercises.

11:00 – 12:00 PM: Game-Based Drills & Small-Sided Games

- Organize relay passing challenges, target shooting drills, and short scrimmages emphasizing teamwork and space awareness.

12:00 – 12:30 PM: Lunch Break

12:30 – 2:30 PM: Tournament-Style Play

- Form mini teams for tournaments (such as 5v5 or 7v7) to encourage fast transitions and creative passing.
- Coaches circulate to offer tactical feedback during the scrimmages.

2:30 – 4:00 PM: Cool-Down & Reflection

- Cool down with group stretching and a brief discussion on the day’s highlights and areas for improvement.

Day 3 – Ultimate Frisbee Fundamentals

9:00 – 9:30 AM: Warm-Up & Mobility Session

- Start with dynamic stretches including arm circles and wrist mobility drills, combined with light sprints.
- Introduce the basics of frisbee throwing and cutting movements.

9:30 – 10:00 AM: Video Demonstration

- Watch “25 Ultimate Frisbee Drills You Can Do by Yourself To Improve Fast” (by Ultimate101).
- Break down the tips for forehand and backhand throws, and effective catching techniques.

10:00 – 11:00 AM: Skill-Focused Drills

- Engage in partner drills to practice both backhand and forehand throws.
- Focus on executing proper pivoting and timed cuts.

11:00 – 12:00 PM: Game-Like Drills & Mini Scrimmages

- Run cutting drills and quick-paced ultimate scrimmages to reinforce spacing and on-field communication.

12:00 – 12:30 PM: Lunch Break

12:30 – 2:30 PM: Tournament-Style Play & Challenges

- Divide into teams and host a mini tournament on a shortened field.
- Include fun contests (e.g., “longest accurate throw”) to keep energy high.

2:30 – 4:00 PM: Cool-Down & Review

- Conclude with group stretching and a short wrap-up discussion on the key techniques learned.

Day 4 – Advanced Soccer Skills & Tournament (with Water Fight)

9:00 – 9:30 AM: Soccer-Specific Warm-Up

- Engage in dynamic stretches, ball touches, and mobility drills focused on activating the legs and core.
- Briefly review tactical concepts like one-touch passing and rapid transitions.

9:30 – 10:00 AM: Video Session

- Watch “7 ESSENTIAL Soccer Drills for Beginners (Dribbling, Passing, Shooting)” (by Progressive Soccer).
- Coaches provide commentary on how to modify beginner techniques for advanced play.

10:00 – 11:00 AM: Advanced Soccer Drills

- Conduct intensive drills that emphasize one-touch passing, rapid-fire shooting, and dribbling in tight spaces.
- Focus on precision, speed, and sharper decision-making.

11:00 – 12:00 PM: Tournament-Style Games

- Organize small-sided scrimmages (5v5 or 7v7) to test tactical adjustments and team coordination.

12:00 – 12:30 PM: Lunch Break

12:30 – 1:30 PM: 1-Hour Water Fight

- Break for a themed water battle that not only cools everyone down but also reinforces team spirit.
- Use playful challenges such as relay water tag or “capture the bucket” for added fun.

1:30 – 3:30 PM: Continued Tournament Play & Skill Challenges

- Resume the soccer tournament with focused skill challenges such as penalty shootouts or dribbling relays.
- Coaches provide in-game tactical insights and adjustments during play.

3:30 – 4:00 PM: Final Scrimmage, Cool-Down (Awards & Certificates for 4-day camp)

- End with a final scrimmage where teams can showcase their advancements.
- Conduct group stretching and wrap up the day with a brief award ceremony celebrating performance and teamwork.

Day 5 – Advanced Football Techniques & Tactics

9:00 – 9:30 AM: Advanced Warm-Up

- Begin with explosive plyometrics, agility ladder drills, and position-specific warm-ups.
- Hold a tactical briefing focusing on advanced football techniques and team communication.

9:30 – 10:00 AM: Video Insight Session

- Watch advanced technique clips (including segments from “IMPROVE your game with these 10 essential drills”) with focus on drills like the “Trident Turn” and “Offset Cone Shuffle.”
- Discuss how to incorporate these advanced moves into a game scenario.

10:00 – 11:00 AM: Advanced Skills Session

- Split into position-specific groups (quarterbacks, receivers, defensive units) to work on advanced plays, timing, and quick handoffs.
- Use cones and markers for tactical positioning drills.

11:00 – 12:00 PM: Tactical Scrimmage & Drill Challenges

- Simulate game scenarios with small-sided scrimmages that test the advanced drills and techniques.
- Introduce challenge rounds to further hone passing and catching accuracy.

12:00 – 12:30 PM: Lunch Break

12:30 – 2:30 PM: Mini Tournament & Advanced Drills Continuation

- Resume with a tournament-style game session focused on advanced techniques.
- Coaches offer real-time feedback, including quick video replays to highlight improvements.

2:30 – 4:00 PM: Cool-Down & Recap (Awards & Certificates for 5-day camp)

- Conclude with light jogging, comprehensive stretching, and a closing discussion on the advanced moves learned throughout the day.