



CHALLENGER SPORTS™

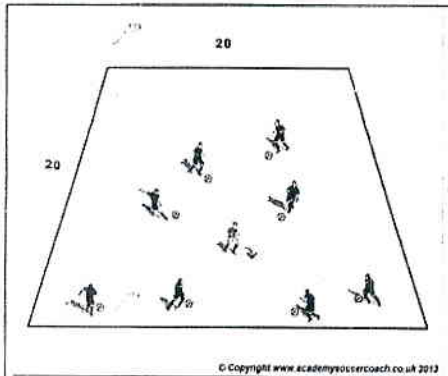


Camp Programme: **Dublin Soccer League TIMBITS/TIMBITS JUNIORS**

Time available

Session Theme: **WEEK ONE**

45 MINUTES



THEME: DYNAMIC WARM UP - BODY PARTS

Organization:

- Each child has a ball
- Moving around into space
- Following coaches commands
- Coach calls out a part of the body, child has to stop the ball and put that body part on the ball
- parts to call: FOOT, KNEE, ELBOW, CHEST, NOSE, EARS, BACK OF NECK, BOTTOM

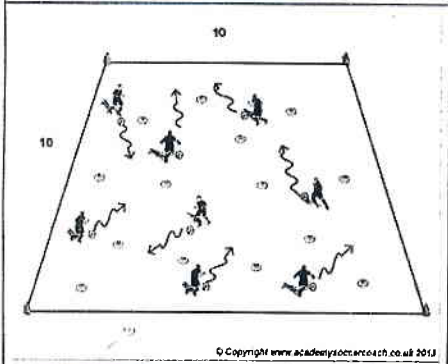
10 MINS

Coaching Points:

- Dribble with the ball close
- Always under control
- Stop the ball first
- Use both feet to move around

Progression

- Speed up the calls
- See who can 'react the quickest'



THEME: DRIBBLE THROUGH THE CONES 'SHREK'S SWAMP'

Organization:

- Place small cone gates around the square
- Kids have to dribble through the gates
- Score '1 point' for each gate they go through
- Can't go back through a gate
- Optional theme - The gate keeper can be 'Shrek'
- Intro use of pop up goal as a "Cave" once every gate has been dribbled through

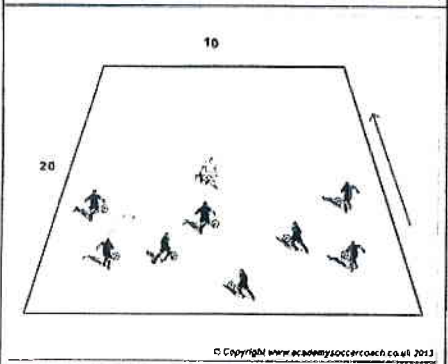
10 MINS

Coaching Points:

- Use both feet
- Keep the ball close
- Go fast between gates

Progression

- Make the gates smaller
- Add a 'gatekeeper'



THEME: CRABS AND SURFERS

Organization:

- Get the kids to line up on one side of the grid
- Either be the 'crab' yourself or nominate one kid
- The 'surfers' have to dribble their soccer balls across to the other side of the grid without being caught by a crab
- Once over to the other side they move back across
- If caught by a crab then that child also becomes a mini crab until there is 1 surfer left

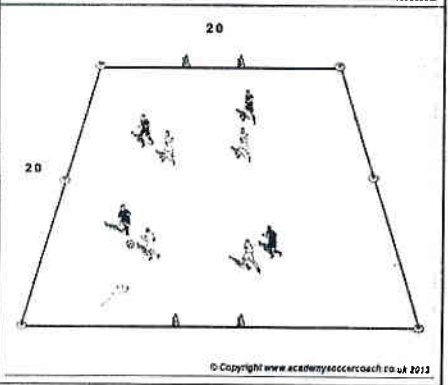
10 MINS

Coaching Points:

- Keep the ball close
- Don't just go in one direction
- Keep your head up

Progression

- Crab starts on their back, next round on their knees and final round on their legs.



THEME: SMALL SIDED SCRIMMAGE

Organization:

- End the session with small sided games
- Remember to coach within the game
- Encourage lots of touches on the ball
- Keep the game flowing where possible
- No Goalkeepers.

10 MINS

Coaching Points:

- Try and encourage coaching points made during the session to be applied in the scrimmage!





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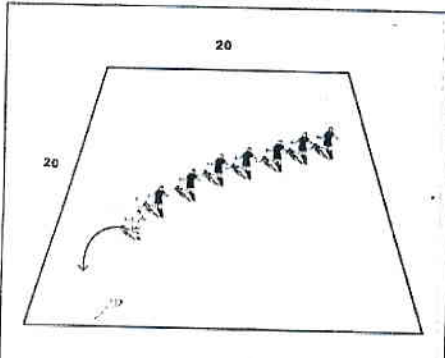


Camp Programme: **Dublin Soccer League TIMBITS/TIMBITS JUNIORS**

Session Theme: **WEEK TWO -**

Time available

45 MINUTES

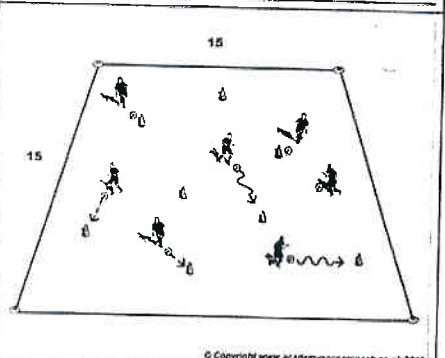


THEME: FOLLOW THE LEADER

- Organization:**
- Begin without a ball
 - Coach leads the group and the kids have to follow
 - Lots of different movements - running, walking, skipping, side to side, big steps, little steps, jumps etc
 - Allow different kids to 'lead the group'
 - Eventually introduce a soccer ball

- Coaching Points:**
- Make sure everyone follows the movements
 - Ensure that the tempo is good so everyone is 'warmed up'
 - Once the balls are in concentrate on keeping under control, lots of small touches
 - Keeping heads up to see where the 'leader' is

10 MINS



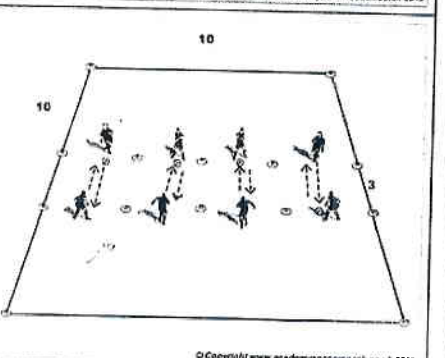
THEME: THE BATMAN GAME

- Organization:**
- Place tall pointy cones around the grid.
 - Ask the kids who their favorite superhero is and tell them they need to 'save the world'
 - The evil joker has put cone 'boobie traps' all over the grid and it's the kids job to put them out
 - Kids then go around the grid knocking the cones over with their soccer balls

- Coaching Points:**
- Use the inside of the foot when striking at cones
 - Keep a distance of at least 5 yards
 - Dribble between with close control and head up to find the next cone

- Progression**
- Act as the joker picking cones back up
 - Get a child to be the joker
 - Add another villain to make it harder

10 MINS



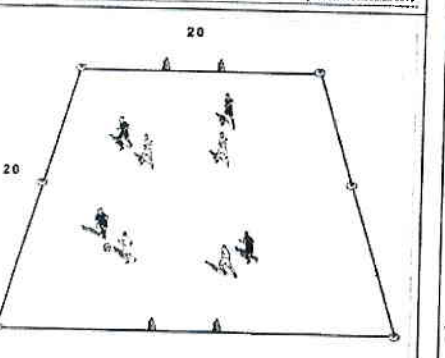
THEME: PASSING IN PAIRS

- Organization:**
- Place the kids in pairs and have them face each other with one soccer ball
 - Begin with passing back and forth
 - Have the players switch partners every so often

- Coaching Points:**
- Passing with the inside of the foot
 - Controlling the soccer ball first
 - Using the correct 'weight' of the pass

- Progression**
- Add a cone between partners to 'knock over'
 - How many passes in a minute?
 - How many times can they knock cone over?

10 MINS



THEME: SMALL SIDED SCRIMMAGE

- Organization:**
- End the session with small sided games
 - Remember to coach within the game
 - Encourage lots of touches on the ball
 - Keep the game flowing where possible
 - No Goalkeepers

- Coaching Points:**
- Try and encourage coaching points made during the session to be applied in the scrimmage!

10 MINS



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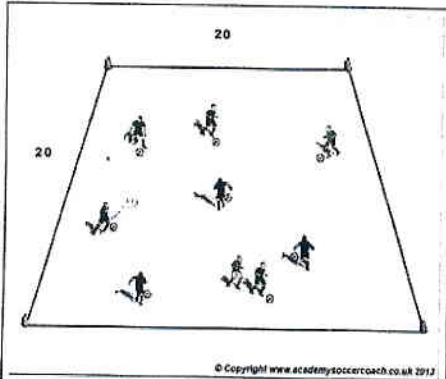


Camp Programme: **Dublin Soccer League TIMBITS/TIMBITS JUNIORS**

Time available

Session Theme: **WEEK THREE -**

45 MINUTES

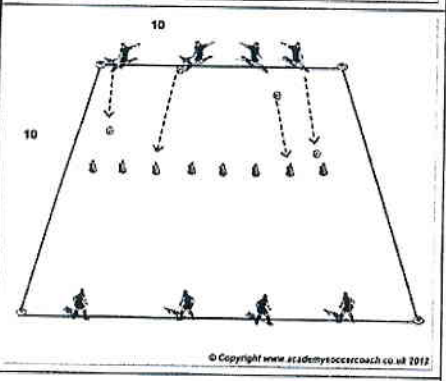


THEME: JUNGLE GAME

- Organization:**
- Each kid has a soccer ball
 - You are going to 'fly around' the world visiting various different locations
 - Encourage them to follow you and change direction often
 - In each different corner have the child stop the ball and engage a brief discussion about 'what they can see'.
 - Locations; JUNGLE, BEACH, DESERT, RESTAURANT

- Coaching Points:**
- Keep the ball close
 - Head up when following the leader
 - Use both feet

10 MINS

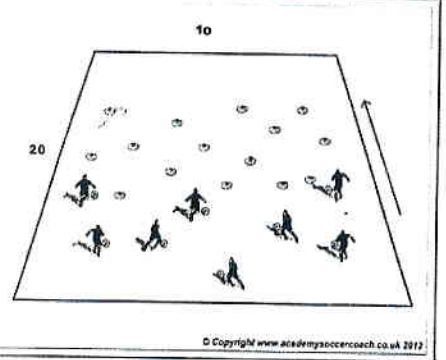


THEME: SOCCER BOWLING

- Organization:**
- Set up pointy cones in the middle of the grid
 - Kids are attempting to knock over as many as they can with each kick
 - When the ball goes over to the other side their partner sets the cones back up and has a go

- Coaching Points:**
- Using the inside of the foot to provide accuracy
 - Concentrate on pointing with the standing foot for aim and direction
 - Taking a two step run up for extra power
- Progression**
- Take 5 steps further back for added distance
 - Add more cones to knock over
 - Use other foot

10 MINS

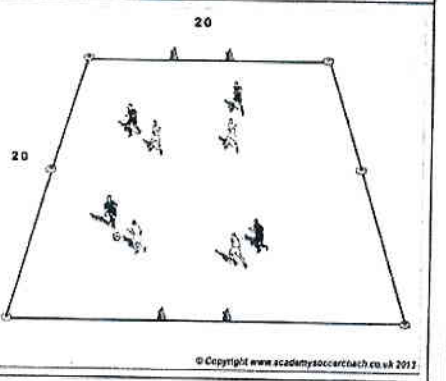


THEME: FLYING THROUGH SPACE

- Organization:**
- Place several disc cones in the middle of the grid
 - Players start on one side of the square
 - They can 'blast off' their soccer balls as hard as they can into the middle
 - When they retrieve their soccer balls they then have to dribble through the 'astroid cloud' in the middle avoiding the cones to reach the other side.
 - Repeat back and forth

- Coaching Points:**
- Nice big and powerful kick to begin with
 - Use the 'laces' to strike the ball
 - When getting to ball controlled dribble keeping it close through the cones
- Progression**
- Make the cones closer to each other to tight control
 - Use weaker foot to begin with

10 MINS



THEME: SMALL SIDED SCRIMMAGE

- Organization:**
- End the session with small sided games
 - Remember to coach within the game
 - Encourage lots of touches on the ball
 - Keep the game flowing where possible
 - No Goalkeepers

- Coaching Points:**
- Try and encourage coaching points made during the session to be applied in the scrimmage!

10 MINS



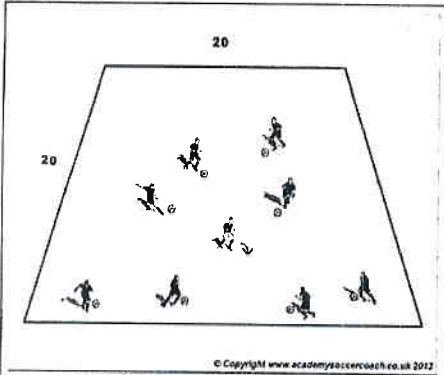


Camp Programme: **Dublin Soccer League TIMBITS/TIMBITS JUNIORS**

Time available

Session Theme: **WEEK FOUR -**

45 MINUTES



THEME: STUCK IN THE MUD

Organization:

- Players begin without a ball
- Running around the square with one person who is the tagger
- If you are tagged you are 'stuck in the mud'
- To free someone you must crawl through their legs
- Afterwards introduce balls and same rules

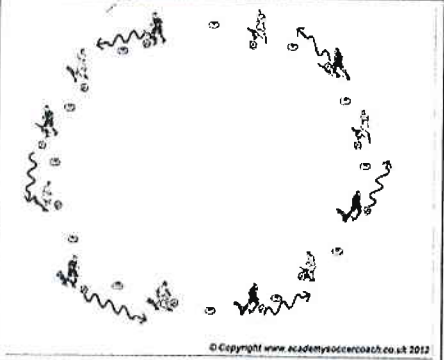
10 MINS

Coaching Points:

- Lots of movement
- Head up to see who is stuck
- Communication 'help, help I'm stuck in the mud!'

Progression

- Add more taggers
- Use of soccer ball to 'pass' through their legs when stuck



THEME: DUCK DUCK GOOSE

Organization:

- Form a circle in the grid, have the kids sat down/ on their knees, or use cones to set out spaces
- Begin with no balls
- One person walks around - duck, duck, duck, GOOSE
- That person chases them around as they have to run all the way until they get back to that empty place
- Play with soccer ball

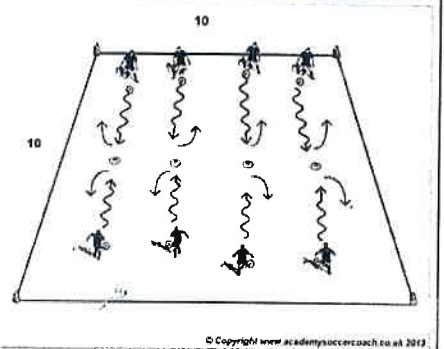
10 MINS

Coaching Points:

- Speed
- Agility
- Reaction
- Close control of soccer ball

Progression

- Change direction
- Have to go 2 times around



THEME: FOX AND HOUNDS

Organization:

- In pairs dribbling towards the middle and turning back to their start point/cone. One of them is the fox, one is the hound!
- Both go at the same time, then coach can introduce command of "fox" or "hound" and make it a race to increase speed
- introduce switch- when you shout "go" both players run out to the middle, leave their ball STATIONARY (to show control) and take their partners back with them.

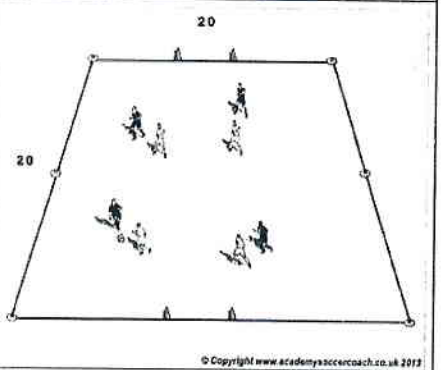
10 MINS

Coaching Points:

- Teach different turns - drag back etc, hook.
- Turn as close to cone as possible
- Dribble away with speed

Progression

- tell them to try to only use on foot, and then switch feet they use.
- Make the distance further to dribble



THEME: SMALL SIDED SCRIMMAGE

Organization:

- End the session with small sided games
- Remember to coach within the game
- Encourage lots of touches on the ball
- Keep the game flowing where possible
- No Goalkeepers

10 MINS

Coaching Points:

- Try and encourage coaching points made during the session to be applied in the scrimmage!

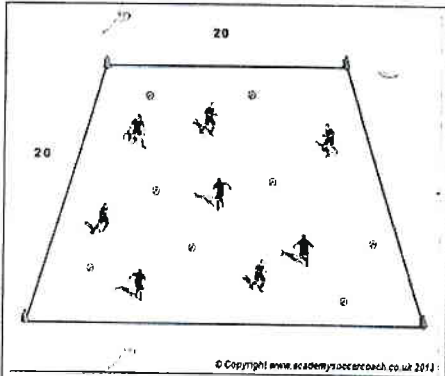


Camp Programme: **Dublin Soccer League TIMBITS/TIMBITS JUNIORS**

Time available

Session Theme: **WEEK FIVE -**

45 MINUTES



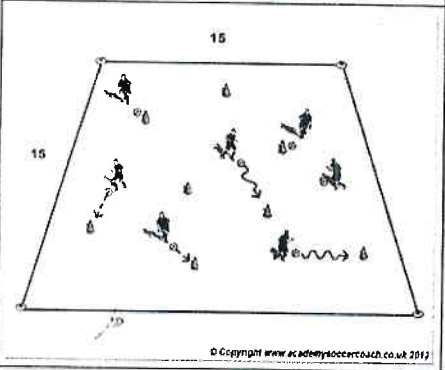
THEME: SOCCER STATUES

- Organization:**
- Start with no ball
 - Running around the grid using different movements - skipping etc
 - On coaches command kids have to freeze
 - Introduce a ball

- Coaching Points:**
- Lots of movement
 - Getting warmed up and ready for soccer

- Progression**
- Statue on tiptoes / balances
 - Funny face statues
 - Incorporate the soccer ball into a statue

10 MINS



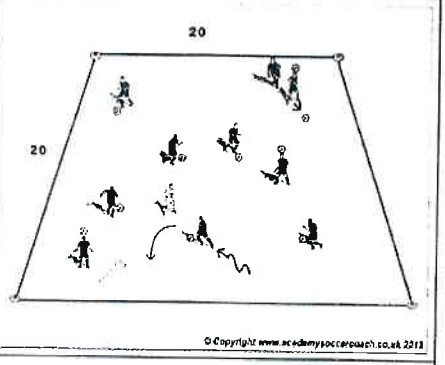
THEME: TIDY YOUR ROOM

- Organization:**
- Place pointy cones/discs around the grid
 - The grid is now the 'messy bedroom'
 - Players have to remove all the items from the grid
 - Coach / volunteer player has to put them back in
 - After 1 minute see how many objects are left
 - Introduce soccer ball at their feet as they repeat the game
 - Have to kick over the cone/touch the disc with their ball before they pick it up and remove it

- Coaching Points:**
- Speed, how fast they can get rid of the cones
 - When using soccer ball - accurate passes to knock over the cone
 - Head up to be aware of other players, the coach, the cones that are left

- Progression**
- Add more people to put cones back in square
 - Use weaker foot to knock cone over

10 MINS



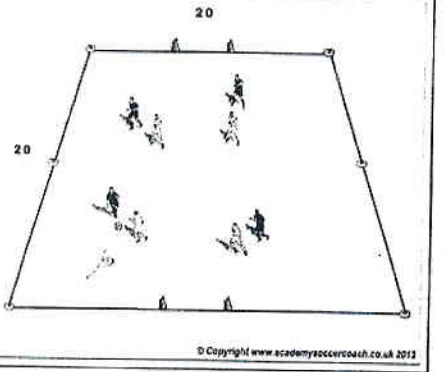
THEME: PIRATE SHIP GAME

- Organization:**
- Dribbling around the ocean with their soccer ball
 - Have to follow coaches commands
 - CAPTAINS COMING - stop ball 'aye aye captain'
 - SCRUB THE DECK - Side rolls with ball
 - CLIMB THE RIGGING - Toe taps
 - SHARK ATTACK - dribble to middle of grid
 - MAN OVERBOARD - dribble to outside of grid
 - SEAGULLS - dive onto ball like a Goalkeeper
 - MUTINY - attempt to kick coach with ball

- Coaching Points:**
- Proper technique for each command
 - Close control of soccer ball
 - Moving around all the square
 - 'Who can be fastest pirate'

- PROGRESSION**
- Faster commands
 - Speed up the dribbling

10 MINS



THEME: SMALL SIDED SCRIMMAGE

- Organization:**
- End the session with small sided games
 - Remember to coach within the game
 - Encourage lots of touches on the ball
 - Keep the game flowing where possible
 - No Goalkeepers

- Coaching Points:**
- Try and encourage coaching points made during the session to be applied in the scrimmage!

10 MINS





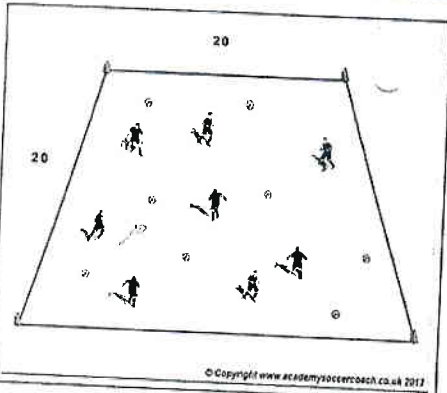
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Camp Programme: **Dublin Soccer League TIMBITS/TIMBITS JUNIORS**

Session Theme: **WEEK SIX**

Time available
45 MINUTES



THEME: PINNEY TAG

Organization:

- Start without a ball
- Coach begins with a pinney in hand
- Try to tag someone by touching them with the pinney
- When someone is tagged they become the tagger
- Introduce ball

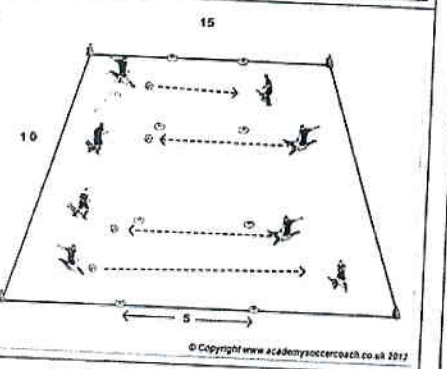
10 MINS

Coaching Points:

- Lots of movement
- Be aware of who/where the tagger is
- Not standing still

Progression

- Introduce multiple taggers
- Using the soccer ball to tag someone instead of pinney



THEME: CATAPULTS AWAY

Organization:

- Split the group into two teams and across the grid
- Each player starts with a soccer ball
- Have to kick balls into other half of grid
- When ball enters your half you have to kick it back
- After 1 minute freeze and count which side has most balls, other team is winner

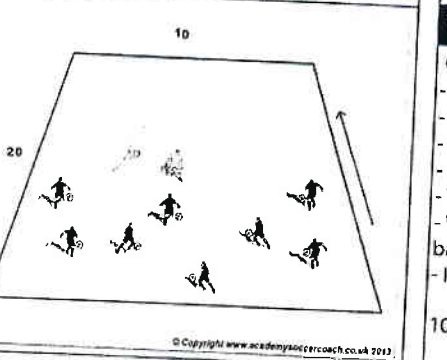
10 MINS

Coaching Points:

- Always control the ball first, no 1 touch
- Controlled pass over to the other side
- Inside of the foot only

Progression

- Add more balls
- Extra points for hitting opponent
- Shorter time



THEME: WHAT'S THE TIME MR WOLF

Organization:

- Kids line up on one side of grid
- Coach is Mr. Wolf on other side of grid
- Kids call 'What's the time Mr. Wolf'
- Coach replies with a time e.g 4 o'clock
- Time relates to number of steps forward
- When coach says 'dinner time' kids have to race back to other side
- Introduce ball

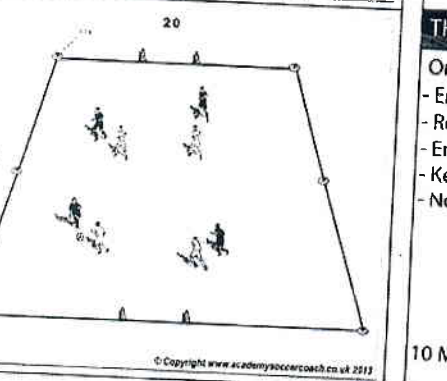
10 MINS

Coaching Points:

- Count number of controlled steps
- Keep ball close
- No big touches
- Nice turn on 'dinner time'
- Speed dribble away

Progression

- Change feet
- More times so they get closer



THEME: SMALL SIDED SCRIMMAGE

Organization:

- End the session with small sided games
- Remember to coach within the game
- Encourage lots of touches on the ball
- Keep the game flowing where possible
- No Goalkeepers

10 MINS

Coaching Points:

- Try and encourage coaching points made during the session to be applied in the scrimmage!



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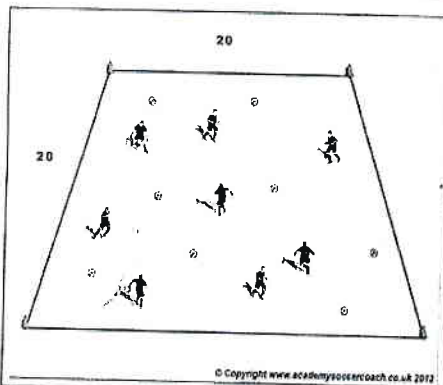


Camp Programme: **Dublin Soccer League TIMBITS/TIMBITS JUNIORS**

Time available

Session Theme: **WEEK SEVEN-**

45 MINUTES



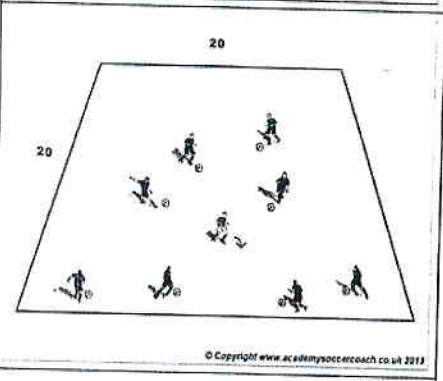
THEME: CARS

- Organization:**
- Kids drive their soccer balls around the square
 - Coach gives traffic related commands
 - RED LIGHT / GREEN LIGHT - stop / start
 - WASH YOUR CAR - side rolls (use soul of foot to roll the ball across your body)
 - REV ENGINES - toe taps
 - USE INDICATORS - foundations (move ball from inside of right foot to inside of left foot in a side to side motion between your hips)

- Coaching Points:**
- Listen to commands, keep head up
 - Proper use of technique for commands

- Progression**
- Instead of saying green/red hold up green pinney or red cone (encourages players to look up and search for you, move around the grid whilst doing this)
 - Add speed to it 'fast cars etc'

10 MINS



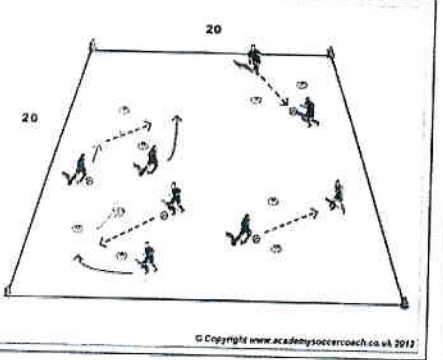
THEME: SUPERHEROES

- Organization:**
- Players dribble around the grid and listen for coaches commands
 - SUPERMAN - Lay on top of ball with stomach and pretend to fly
 - SPIDERMAN - stop soccer ball and shoot web
 - HULK - show your mean face
 - BATMAN - pretend to fly
 - IRON MAN - Stop ball and blast forward with hands

- Coaching Points:**
- Focus on dribbling technique
 - Lots of turns and finding space
 - Concentrate on speed

- Progression**
- Ask kids for different ideas
 - Faster commands
 - Kids can shout out ones

10 MINS



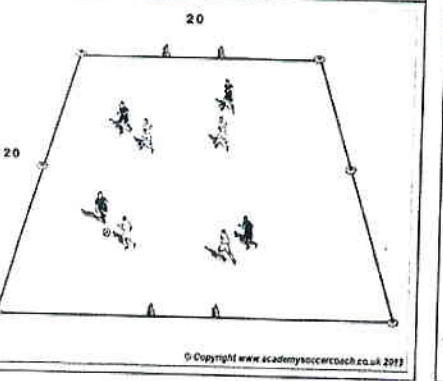
THEME: PASSING THROUGH THE GATE

- Organization:**
- Place cone gates around square
 - Kids into pairs with a ball between them
 - Start stationary by a gate
 - How many times can pass through gate
 - Keep count

- Coaching Points:**
- Using inside of the foot only
 - Controlling the soccer ball first
 - Communication

- Progression**
- Move around square passing through different gates
 - Add gate keepers to block gates

10 MINS



THEME: SMALL SIDED SCRIMMAGE

- Organization:**
- End the session with small sided games
 - Remember to coach within the game
 - Encourage lots of touches on the ball
 - Keep the game flowing where possible
 - No Goalkeepers

- Coaching Points:**
- Try and encourage coaching points made during the session to be applied in the scrimmage!

10 MINS





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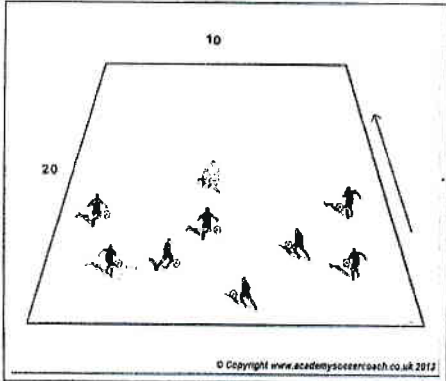


Camp Programme: **Dublin Soccer League TIMBITS/TIMBITS JUNIORS**

Time available

Session Theme: **WEEK EIGHT -**

45 MINUTES



THEME: SIMON SAYS

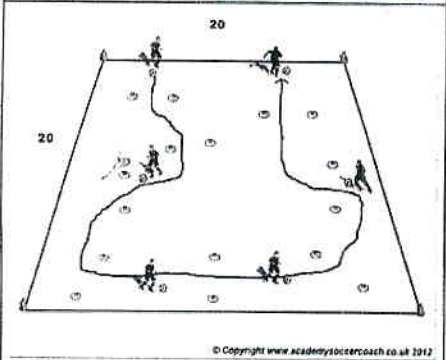
Organization:

- Each player has a ball
- Coach calls out commands for players: EG. stop, speed up, switch balls, knee on the ball
- Only mimic when he says 'Simon says'
- Don't eliminate campers who get it wrong

10 MINS

Coaching Points:

- Make sure they listen/watch
- Reaction speed
- Lots of movement/dribbling/stopping soccer ball



THEME: SOCCER RACING

Organization:

- Create a racing track out of cones
- Kids start at one end and have to slalom around the grid
- All go out at once
- Staggered start times
- 'Time trials'

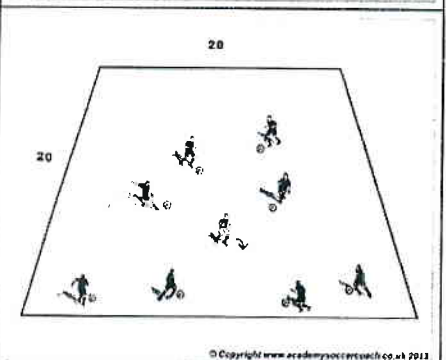
10 MINS

Coaching Points:

- Keeping the ball close
- Moving in different directions
- Head up

Progression

- Go in reverse
- Go in pairs passing



THEME: MONSTERS INC.

Organization:

- Each player has a ball
- Coach is a monster
- Everytime approached by monster kid has to 'shield' the soccer ball by keeping it away from monster

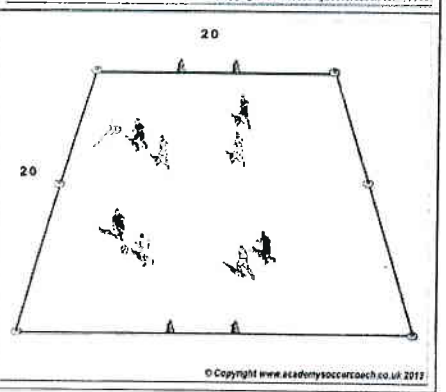
10 MINS

Coaching Points:

- Protecting ball
- Getting body in between monster and ball
- Moving away with speed
- Keeping head up

Progression

- add multiple monsters
- can tackle the player



THEME: SMALL SIDED SCRIMMAGE

Organization:

- End the session with small sided games
- Remember to coach within the game
- Encourage lots of touches on the ball
- Keep the game flowing where possible
- No Goalkeepers

10 MINS

Coaching Points:

- Try and encourage coaching points made during the session to be applied in the scrimmage!