



## **FUN CAMP- INTRODUCTION**

24-7 Offers a variety of camps over the Summer. This packet will go through the details of our Summer Fun Camps. Fun Camps are offered to players age 5-14 (approx) of all levels and ability. Our aim is to offer a fun, educational, and engaging camp experience for every player who attends. We want to encourage high energy, enthusiastic coaching and counseling through the week and be sure we leave every player with new skills and good memories. These kids are our current and future players and we should treat this as an opportunity to show off what 24-7 offers by offering an excellent camp experience.

If you are a coach and you need to contact someone regarding any camp related questions or issues, please contact Sarah King at (510) 862-6786 or [sarah@24-7uksocceracademy.com](mailto:sarah@24-7uksocceracademy.com).

## **DETAILS / EQUIPMENT / OVERVIEW**

Fun Camps run Monday – Friday and include either a half day option or a full day option. Half days are 8:30am-12:00pm, and full days are 8:30am-3:00pm. Early drop off and check in begins at 8:00am every morning.

Each Fun Camp will be supplied with a camp folder (add your registers here), 2+ easy-ups, 1 table, 1 water jug (to be filled with ice water daily), 1 24-7 pop-up banner, 1 first aid kit, camp T-shirts, and 1 prize package. Each staff member will be responsible for bringing any equipment they currently have. This should include balls, cones, goals, bibs, pumps, etc.

All available easy-ups need to be set up each day regardless of the weather. Please be very careful while handling these during set-up and take-down, please also use the stakes which are provided in order to prevent them from being broken in the case of wind/children/etc. \*\*If an easy-up is damaged or breaks, please let Andy know as soon as possible.\*\*

The table is to be used by coaches only, for check in, first aid, etc.

Each water jug will need to be filled with fresh ice water each day (adjust amount as needed) and made available for players and coaches under the tents.

The 24-7 pop-up banner needs to be used daily, please set it up in a visually appealing way, welcoming families upon arrival.

The first aid kit and instant ice packs should be easily available, you can find emergency contact info and CPR information in your Camp Info Folders.

Prizes should be kept by the coach who is overseeing the camp, they should be available as needed throughout the week for contests, challenges, etc.

Upon arrival Monday, the coach who is overseeing the camp will check every player in at the table and issue each player their camp t-shirt. You will need to double check allergy/medical information, emergency contact information, and note the approved pick up person(s) for each player. Registers need to be kept in your camp folder. Tuesday-Friday you may take roll, but note you may need to collect info for any missing kids.

At the start of your camp on Monday take a look at your total numbers, ages, and coaches. This will help you determine how many small groups to form and how to split them up, and how many fields you will need for your tournament each day. You will need one large warm up area, this must double as a grid for fun games after your warm up time, size accordingly. After determining the number of players and groups you have, you will need to set up the appropriate grids/drills/games for your small group portion of the day. Lastly, you will need to set up the appropriate number of fields for your tournament (ideally 4v4s or 5v5s). If you have the time and space, all of the set up should be done before 8:30am so that players can transition from activity to activity quickly. The smoother the transition, the less problems we have with kids losing their attention and interest. If needed, however, have coaches set/reset fields as needed during water breaks in order to keep things flowing nicely.

## DAILY "THEME" SCHEDULE

Monday- Welcome Day

Tuesday- T-shirt Tuesday (camp shirts)

Wednesday- Wacky Wednesday (creativity competition)

Thursday- 24-7's Got Talent (creativity competition)

Friday- Football Friday (favorite jersey)

## PRIZES

All players will receive a T-shirt on the first day of camp. We will also have balls and bags to give as prizes for creativity competitions throughout the week. Prizes will be handed out for the winner of the “Wacky Wednesday” competition, and the “24-7’s Got Talent” competition.

## CAMP SCHEDULE

**\*\*Arrival should be 7:40am\*\***

7:40am- Coaches arrive & set up

8:00am- Early drop off - Juggling / back of the net / crossbar challenge / etc

8:30am- Technical warm up: 1,000 touches- dribbling, footskills, turns, moves, etc

8:55am- Roll / water / sunscreen

9:00am- Fun Games

9:40am- Water / sunscreen

9:45am- Small groups

10:45am- Snack

11:00am- Tournaments

12:00pm- Lunch & Half Day Sign Out

1:00pm- Fun Games

2:00pm- Tournaments

3:00pm- Full Day Sign Out

## SYLLABUS

During the small group portion of the day you will focus on one topic per day, with no topic on Friday. Depending on your camp numbers you may work with the same group for the whole hour, or choose to do stations and rotate each small group through each station throughout the hour. Ideally, this hour should cover 20 minutes of unopposed

technical work, 20 minutes of opposed work, and 20 minutes of topic-related fun games.

Topics are as follows:

Monday: Dribbling and Turns

Tuesday: Dribbling and Moves

Wednesday: Passing

Thursday: Shooting

Friday: World Cup (No small groups)

## CHALLENGES

Throughout the day you may need some filler activities. Here are a few ideas:

Footskill / Ball Manipulation Races- How many in 60 seconds? / Beat the Coach

Juggling Challenges- Various juggling patterns- coach needs to witness you complete it.

Fitness Challenges- How many (PROPER) in 30 seconds: Push Ups, Sit Ups, Leg Lifts, Burpees, Mountain Climbers, Jumping Squats, Star Jumps, Jumping Jacks, High Knees, Butt Kickers, Up-Down Planks, ETC

Coaches Challenges- Cross Bar, Dizzy Bowling, Foot Golf, Zoom, Target Masters, Around the World, PK Challenge

## SPLAT

Head/Catch

## TOURNAMENT SET UP

Fields should be approx. 25x35 yds with small goal boxes around each goal. Games should be NO MORE than 5 a side. Set up a "home base" for teams to race to between each game (tall cones are helpful). Choose captains based on the day and use the opportunity as motivation. Captains may choose teams and you may assign them a cone to line up behind; captains should choose a team name and should always be in front of their line. Assign conditions to the games and restrictions to players as needed. Play 10 minute games with appropriate water breaks as you go. You may use the time between each game to do trivia and challenges as you wish.

## TRIVIA QUESTIONS

### EASY

Name the 4 parts of the foot every player should use and what each part is used for.  
Inside: dribbling, passing, receiving, turning, volleys, close range shooting. Outside: dribbling, turning, moves. Laces: dribbling, passing, shooting, volleys, receiving. Sole/Bottom: rolling/dribbling, turning, moves, receiving.

What body part is off limits in soccer and “define” that body part; what is included?

What are the home colors of the FC Barcelona soccer uniform? Blue and Red.

What does SAQ stand for? Speed Agility and Quickness.

Name 3 professional soccer players by Full name.

Name 3 correct turns. Stop Turn, Drag/Pull Back, Outside Hook, Inside Hook, Cruyff Turn, Step Over.

Can you be offside on a throw in? No.

### MODERATE

According to the official FIFA rulebook, how long can a goalie hold onto the ball for? 5 seconds.

In the MLS, in what city does the team Chivas USA play? Carson, California.

Who are the 2 owners of 24-7 UK Soccer Academy? Andy Hulbert and Mark Nutter.

Which 5 clubs does 24-7 coach for? AFC, Castro Valley, Montclair, Piedmont, and Orchard Valley.

Is an Offside kick a direct or indirect free kick? Indirect.

True or False, only 1 player from each team may participate in a drop ball? False, there is no minimum or maximum.

What color card is issued to a player for leaving the field, other than for injury, without the referees permission? Yellow.

### DIFFICULT

Who won the 1994 World Cup? Brazil.

According to FIFA rules, if a player's shoe falls off and he scores a goal in his sock, how should the play be restarted? A kick off- play should resume.

What is Mia Hamm's full name? Mariel Margret Hamm.

How many goals did Mia Hamm have to get in order to beat the world record? 108.

### CAMP SAFETY PROTOCOL

Upon arrival, the coach who is overseeing the camp will check every player in at the table. You will need to double check allergy/medical information, emergency contact information, and note the approved pick up person(s) for each player. Registers must be kept in your camp folder.

Upon departure, the coach who is overseeing the camp will check every player out- it is important every player is properly checked out by the correct pick up person(s). If a player is to leave on their own, you must have written permission from their parent.

Every facility will provide us with restrooms, please send players in PAIRS to the restroom, no player should ever be alone. If a coach must walk a player to the restroom, you must still bring players in PAIRS, no coach should ever be alone with a player.

Coaches are responsible for REMINDING players to apply sunscreen, no coach should assist a player in applying sunscreen, if a younger player needs help, an older sibling/ player may help them.

GIVE WATER BREAKS!! (As many/As often as needed)

Players must wear appropriate soccer cleats/shoes and covered shinguards.

Coaches Conduct:

-No Cursing

-No Gossiping

-No Cellphone Use

-No hugging/hand holding/sitting on laps

-Do not be alone with a player

-Overall maintain a professional demeanor

### EMERGENCY INFORMATION

In case of an emergency, dial 911

Other Emergency Numbers by City:

Alameda County (Castro Valley): (510) 881-8181

Hayward: (510) 732-2626

Oakland: (510) 444-1616