

Football Camp Structure Week 2 and 3 – Scotland Theme

	9:00am-9.15am	9:15am-9.45am	9.45am-10.15am	10.15am-10.30am	10.30am-11.15am	11.15am-11.45am	11.45am - 12.30pm	12.30pm-1.15pm	1.15pm-2.45pm	2:45pm-3:00pm
Monday	Registration & Briefing	Warm up -Ball Mastery & SAQ	Under 10's Small Sided Games 4v4 Over10's Small Sided Games 5v5	Break	Under 10's 1v1 & 2v2 Attacking Over10's 1v1 & 2v2 Attacking	Under 10's & Over10's Theme – Finish Like Shankland	Lunch	Under 10's & Over10's Practice – Control and Finishing	Under 10's & Over10's Matchplay - Scottish Cup	Cool down & Sign out
Tuesday	Registration & Briefing	Warm up -Ball Mastery & SAQ	Under 10's Small Sided Games 4v4 Over10's Small Sided Games 5v5	Break	Under 10's 1v1 & 2v2 Defending Over10's 1v1 & 2v2 Defending	Under 10's & Over10's Theme – Defend like Tierney	Lunch	Under 10's & Over10's Practice – Counter Attacking	Under 10's & Over10's Matchplay – Scottish League Cup	Cool down & Sign out
Wednesday	Registration & Briefing	Warm up -Ball Mastery & SAQ	Under 10's Small Sided Games 4v4 Over10's Small Sided Games 5v5	Break	Under 10's 3v3 Attacking Over10's 3v2 Attacking	Under 10's & Over10's Theme – Pass like McGinn	Lunch	Under 10's & Over10's Practice – Receiving the ball, first touch	Under 10's & Over10's Euro 2024	Cool down & Sign out
Thursday	Registration & Briefing	Warm up -Ball Mastery & SAQ	Under 10's Small Sided Games 4v4 Over10's Small Sided Games 5v5	Break	Under 10's 3v3 Defending Over10's 3v2 Defending	Under 10's & Over10's Theme – Dribble like Robertson	Lunch	Under 10's & Over10's Practice – Crossing and Finishing	Under 10's & Over10's Matchplay – Scottish Premier League	Cool down & Sign out
Friday	Registration & Briefing	Warm up -Ball Mastery & SAQ	Under 10's Small Sided Games 4v4 Over10's Small Sided Games 5v5	Break	Under 10's 2v2 Mini Tournament Over10's 2v2 Mini Tournament	Under 10's & Over10's Theme – Skills like Gilmour	Lunch	Under 10's & Over10's Practice – Creative Attacking Play	Under 10's & Over10's Matchplay – World Cup	Cool down & Sign out