

## UNDER 10 FOOTBALL CAMP

Time / Am	Monday / Dé Luain	Tuesday/ Dé Máirt	Wednesday/ Dé Céadaoin	Thursday/Déardaoin	Friday/Dé hAoine
9.30-10.00	Supervisors and coaches preparation <i>PLEASE SEE CAMP OVERVIEW VIDEO - <a href="http://learning.gaa.ie/culcamps">learning.gaa.ie/culcamps</a></i>				
10.00-10.15	Assembly /Group Organisation / Roll Call				
10.15-10.30	<b>WARM-UP AND FUN GAMES</b>				
10.30 -10.45	Secondary theme	Secondary theme	Secondary theme	Secondary theme	Secondary Theme
11.45 - 11.25	Football Coaching Class - Session 1 Part 1  <b><u>REACH CATCH</u></b>	Football Coaching Class - Session 3 Part 1  <b><u>BLOCK DOWN</u></b>	Football Coaching Class - Session 5 Part 1  <b><u>FIST PASS</u></b>	Football Coaching Class - Session 7 Part 1  <b><u>HOOK KICK</u></b>	SKILL AWARD CHALLENGES FOOTBALL
11.25 - 11.30	<b>Water break</b>				
11.30 - 12.00	Football Coaching Class - Session 1 Part 2  <b><u>REACH CATCH - PLAY THE GAME</u></b>	Football Coaching Class - Session 3 Part 2  <b><u>BLOCK DOWN - PLAY THE GAME</u></b>	Football Coaching Class - Session 5 Part 2  <b><u>FIST PASS - PLAY THE GAME</u></b>	Football Coaching Class - Session 7 Part 2  <b><u>HOOK KICK - PLAY THE GAME</u></b>	SKILL AWARD CHALLENGES FOOTBALL
12.00-12.30	<b>LUNCH / LÓN + CLEAN-UP</b>				
12.30 - 12.45	Secondary theme	Secondary theme	Secondary theme	Secondary theme	Secondary theme
12.45 - 1.15	Football Coaching Class - Session 2 Part 1  <b><u>CHECKING</u></b>	Football Coaching Class - Session 4 Part 1  <b><u>SOLO</u></b>	Football Coaching Class - Session 6 Part 1  <b><u>SIDE TO SIDE CHARGE</u></b>	Football Coaching Class - Session 8 Part 1  <b><u>CROUCH LIFT</u></b>	<b>FUN BLITZ</b>
1.15 -1.20	<b>Water break</b>				
1.20 - 1.50	Football Coaching Class - Session 2 Part 2  <b><u>CHECKING - PLAY THE GAME</u></b>	Football Coaching Class - Session 4 Part 2  <b><u>SOLO - PLAY THE GAME</u></b>	Football Coaching Class - Session 6 Part 2  <b><u>SIDE TO SIDE CHARGE - PLAY THE GAME</u></b>	Football Coaching Class - Session 8 Part 2  <b><u>CROUCH LIFT - PLAY THE GAME</u></b>	
1.50 - 2.20	Modified Football Games	Modified <b>ROUNDERS</b> Games	Modified Football Games	Modified <b>ROUNDERS</b> Games	COOL DOWN
2.20 - 2.30	Clean-up / Assembly				
2.30 - 2.45	Coaches' Evaluation				