

UNDER 13 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</i>				
10.00-10.15	Assembly /Group Organisation / Roll Call/ Camp Rules				
10.15-10.30	WARM-UP AND FUN GAMES				
10.30 - 10.45	Secondary theme	Secondary theme	Secondary theme	Secondary theme	Secondary Theme
10.45 - 11.25	Football Coaching Class - Session 1 Part 1 <div style="text-align: center;">CROUCH LIFT</div>	Football Coaching Class - Session 2 Part 1 <div style="text-align: center;">PUNT KICK</div>	Football Coaching Class - Session 3 Part 1 <div style="text-align: center;">SIDE STEP</div>	Football Coaching Class - Session 2 Part 1 <div style="text-align: center;">HIGH CATCH</div>	SKILL AWARD CHALLENGES FOOTBALL
11.25 - 11.30	WATER BREAK				
11.30 - 12.00	<div style="text-align: center;">CROUCH LIFT - PLAY THE GAME</div>	<div style="text-align: center;">PUNT KICK - PLAY THE GAME</div>	<div style="text-align: center;">SIDE STEP - PLAY THE GAME</div>	<div style="text-align: center;">HIGH CATCH - PLAY THE GAME</div>	SKILL AWARD CHALLENGES
12.00-12.30	LUNCH / LÓN + CLEAN-UP				
12.30 - 12.45	Secondary theme	Secondary theme	Secondary theme	Secondary theme	Secondary Theme
12.45 - 1.15	Football Coaching Class - Session 1 Part 2 <div style="text-align: center;">FIST PASS</div>	Football Coaching Class - Session 2 Part 2 <div style="text-align: center;">THE ROLL</div>	Football Coaching Class - Session 3 Part 2 <div style="text-align: center;">CHECKING</div>	Football Coaching Class - Session 2 Part 2 <div style="text-align: center;">NEAR HAND TACKLE</div>	FUN BLITZ
1.15 - 1.20	WATER BREAK				
1.20 - 1.50	<div style="text-align: center;">FIST PASS - PLAY THE GAME</div>	<div style="text-align: center;">THE ROLL - PLAY THE GAME</div>	<div style="text-align: center;">CHECKING - PLAY THE GAME</div>	<div style="text-align: center;">NEAR HAND TACKLE - PLAY THE GAME</div>	
1.50 - 2.20	Modified Football Games	Modified ROUNDERS Games	Modified Football Games	Modified ROUNDERS Games	COOL DOWN
2.20 - 2.30	Clean-up / Assembly				
2.30 - 2.45	Coaches' Evaluation				

