

UNDER 8 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 - learning.gaa.ie/culcamps</i>				
10.00-10.15	Assembly /Group Organisation / Roll Call				
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	BOUNCE	LOW CATCH	BODY CATCH	HAND PASS	SKILL AWARD CHALLENGES FOOTBALL
11.25 - 11.30	WATER BREAK				
11.30 - 12.00	BOUNCE - PLAY THE GAME	LOW CATCH - PLAY THE GAME	BODY CATCH - PLAY THE GAME	HAND PASS - PLAY THE GAME	SKILL AWARD CHALLENGES FOOTBALL
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	SIDE STEP	BODY CATCH	LOW CATCH	PUNT KICK	FUN BLITZ
1.15 - 1.20	WATER BREAK				
1.20 - 1.50	SIDE STEP - PLAY THE GAME	BODY CATCH - PLAY THE GAME	LOW CATCH - PLAY THE GAME	PUNT KICK - PLAY THE GAME	
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				