**WBFC Junior Camp – Scheme of work overview**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Technical learning focus | Ball mastery  Ball control | Passing  Receiving | Dribbling  Running with the ball | Shooting and finishing | Match day |
| Tactical learning focus | N/A | N/A | N/A | N/A | N/A |
| 9:00 | Warm up and fun games | Warm up and fun games | Warm up and fun games | Warm up and fun games | Warm up and fun games |
| 9:30 | Morning session – technical focus | Morning session – technical focus | Morning session – technical focus | Morning session – technical focus | Morning session – technical focus |
| 10:30 | Mini break | Mini Break | Mini Break | Mini Break | Mini Break |
| 10:35 | Fun games and conditioning | Fun games and conditioning | Fun games and conditioning | Fun games and conditioning | Fun games and conditioning |
| 10:50 | BREAK | BREAK | BREAK | BREAK | BREAK |
| 11:10 | Kids vs Coach | Kids vs Coach | Kids vs Coach | Kids vs Coach | Kids vs Coach |
| 11:30 | Competition (related to technical learning focus) | Competition (related to technical learning focus) | Competition (related to technical learning focus) | Competition (related to technical learning focus) | Competition (related to technical learning focus) |
| 12:15pm | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| 1:15pm | Coaches challenge | Coaches challenge | Coaches challenge | Coaches challenge | Coaches challenge |
| 1:30pm | Afternoon session –Conditioned games | Afternoon session –  Conditioned games | Afternoon session –  Conditioned games | Afternoon session –  Conditioned games | Afternoon session –  Conditioned games |
| 3:00pm | Mid afternoon break | Mid afternoon break | Mid afternoon break | Mid afternoon break | Mid afternoon break |
| 3:30pm | Match play | Match play | Match play | Match play | Match play |
| 4:30pm | Cool down and debrief | Cool down and debrief | Cool down and debrief | Cool down and debrief | Cool down and debrief |
| 5:00pm | End of day | End of day | End of day | End of day | End of day |

**WBFC Senior Camp – Scheme of work overview**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Technical learning focus | Ball mastery  Passing  Receiving | Dribbling  Running with the ball | Defending 1v1  Heading | Shooting and finishing | Match day |
| Tactical learning focus | High Press/Possession play | Deep press/Counter attack | Pressure cover | Set pieces | Decision making and application of techniques and tactics |
| 9:00 | Warm up and fun games | Warm up and fun games | Warm up and fun games | Warm up and fun games | Warm up and fun games |
| 9:30 | Morning session – technical focus | Morning session – technical focus | Morning session – technical focus | Morning session – technical focus | Morning session – technical focus |
| 10:30 | Mini break | Mini Break | Mini Break | Mini Break | Mini Break |
| 10:35 | Fitness and conditioning | Fitness and conditioning | Fitness and conditioning | Fitness and conditioning | Fitness and conditioning |
| 10:50 | Mid morning break | Mid morning break | Mid morning break | Mid morning break | Mid morning break |
| 11:10 | Kids vs Coach | Kids vs Coach | Kids vs Coach | Kids vs Coach | Kids vs Coach |
| 11:30 | Competition (related to technical learning focus) | Competition (related to technical learning focus) | Competition (related to technical learning focus) | Competition (related to technical learning focus) | Competition (related to technical learning focus) |
| 12:15pm | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| 1:15pm | Coaches challenge | Coaches challenge | Coaches challenge | Coaches challenge | Coaches challenge |
| 1:30pm | Afternoon session – Tactical focus (Through game play and conditioned games) | Afternoon session – Tactical focus  (Through game play and conditioned games) | Afternoon session – Tactical focus  (Through game play and conditioned games) | Afternoon session – Tactical focus  (Through game play and conditioned games) | Afternoon session – Tactical focus  (Through game play and conditioned games) |
| 3:00pm | Mid afternoon break | Mid afternoon break | Mid afternoon break | Mid afternoon break | Mid afternoon break |
| 3:30pm | Match play | Match play | Match play | Match play | Match play |
| 4:30pm | Cool down and debrief | Cool down and debrief | Cool down and debrief | Cool down and debrief | Cool down and debrief |
| 5:00pm | End of day | End of day | End of day | End of day | End of day |

**Descriptors/Notes:**

* **Technical learning focus** - Coaching to develop technical ability of key skills. All children should have lots of touches of the football!
* **Tactical learning focus** – Very simple, basic instructions to get children thinking about strategies – Nothing too complex! N/a for junior camp.
* **Warm up and fun games** – As it says on the tin. Things like stuck in the mud/tag games – even better if involving footballs. Some days could do this all together as one big group to mix it up. This will develop leadership skills of the older children having to look after the younger ones.
* **Morning session** – technical focus – Variety of detailed session plans to follow.
* **Mini break** – 5-minute toilet stop, quick drink and rest.
* **Fitness and conditioning** – Nothing too strenuous! More focused on educating children about looking after their bodies. Variety of detailed session plans to follow.
* **Mid morning break** – 20 minutes, snack and free play.
* **Kids vs Coach** – Fun challenges for the children. Variety of detailed session plans to follow.
* **Competition related to technical learning focus** – Fun games to win prizes. Things like ‘King of the Ring’ or Penalty Shootouts. Variety of detailed session plans to follow.
* **Lunch** – 1 hour, lunch, rest and free play.
* **Coaches’ challenge** – Coaches take each other on at a variety of challenges – gives kids a chance for food to digest!
* **Afternoon session** – Conditioned games. Variety of detailed session plans to follow.
* **Mid afternoon break** – 30 minutes, rest and free play.
* **Match play** – Children put into practice what they have learned in the day.
* **Cool down and debrief** – A couple of problem solving/team building activities that doesn’t involve too much physical exertion! Aim to calm children down after a busy day. Debrief to focus on what pupils have learned during the day.