

WELCOME



WES BROWN FOOTBALL



WBFC JUNIOR CAMP

WORK OVERVIEW

	MONDAY BALL MASTERY BALL CONTROL	TUESDAY PASSING RECEIVING	WEDNESDAY DRIBBLING RUNNING WITH THE BALL	THURSDAY SHOOTING AND FINISHING	FRIDAY MATCH DAY
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)
12.15	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1.15	Coaches challenge	Coaches challenge	Coaches challenge	Coaches challenge	Coaches challenge
1.30	Afternoon session Conditioned games	Afternoon session Conditioned games	Afternoon session Conditioned games	Afternoon session Conditioned games	Afternoon session Conditioned games
3.00	Mid afternoon break	Mid afternoon break	Mid afternoon break	Mid afternoon break	Mid afternoon break
3.30	Match Play	Match Play	Match Play	Match Play	Match Play
4.30	Cool down and debrief	Cool down and debrief	Cool down and debrief	Cool down and debrief	Cool down and debrief
5.00	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.

BOOKINGS & MORE DETAILS CAN BE FOUND AT:
WWW.WESBROWNFC.COM



WBFC SENIOR CAMP

WORK OVERVIEW

	MONDAY BALL MASTERY PASSING/RECEIVING	TUESDAY DRIBBLING RUNNING WITH THE BALL	WEDNESDAY DEFENDING 1V1 HEADING	THURSDAY SHOOTING AND FINISHING	FRIDAY MATCH DAY
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 & conditioning	Fitness & conditioning	Fitness & conditioning	Fitness & conditioning	Fitness & 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)
12.15	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1.15	Coaches challenge	Coaches challenge	Coaches challenge	Coaches challenge	Coaches challenge
1.30	Afternoon session Tactical focus (Through game play)	Afternoon session Tactical focus (Through game play)	Afternoon session Tactical focus (Through game play)	Afternoon session Tactical focus (Through game play)	Afternoon session Tactical focus (Through game play)
3.00	Mid afternoon break	Mid afternoon break	Mid afternoon break	Mid afternoon break	Mid afternoon break
3.30	Match Play	Match Play	Match Play	Match Play	Match Play
4.30	Cool down and debrief	Cool down and debrief	Cool down and debrief	Cool down and debrief	Cool down and debrief
5.00	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.

BOOKINGS & MORE DETAILS CAN BE FOUND AT:

WWW.WESBROWNFC.COM