

4-Day Soccer Skills Development Camp (Ages 9-11)

Overview:

This camp is designed for players aged 9-11 based on U.S. Youth Soccer standards. It promotes technical skill, tactical awareness, and fun through progressive, age-appropriate training.

Age Group Characteristics:

- Improved coordination and attention span
- Able to process tactical ideas
- Thrive on structure and competitive fun
- Enjoy teamwork and small-sided play

Daily Structure (2 Hours per Day):

- 0:00-0:15 - Warm-up & Coordination Activity
- 0:15-0:30 - Technical Foundation
- 0:30-1:00 - Skill Application (Conditioned Game)
- 1:00-1:30 - Tactical/Small-Sided Games
- 1:30-1:50 - Scrimmage (4v4 or 6v6)
- 1:50-2:00 - Cool Down & Reflection

Day 1: Dribbling & Ball Mastery - "Creative Dribblers"

Warm-up:

- Cone Weaving Relays
- Mirror Movement

Technical Block:

- Dribbling Circuit
- 1v1 Zones

Conditioned Game:

- Dribble Gates

Tactical Game:

- 4 Goal Game

Scrimmage:

- 4v4/6v6 with creative dribbling

Cool Down:

- Stretch & Q&A

Day 2: Passing & Receiving - "Teamwork Through Passing"

Warm-up:

- Passing Triangles

Technical Block:

- Wall Passing Drills
- Receive & Turn

Conditioned Game:

- Gates Passing Challenge

Tactical Game:

- Keep-Away Game

Scrimmage:

- Emphasis on passing buildup

Cool Down:

- Partner stretch and reflection

Day 3: Shooting & Finishing - "Take the Shot!"

Warm-up:

- Target Shooting

Technical Block:

- Instep Shooting
- 1-touch Finishing

Conditioned Game:

- Rebound Game

Tactical Game:

- 2v2+GK or 3v2

Scrimmage:

- Bonus points for weak foot goals

Cool Down:

- Storytelling and jogging

Day 4: Game Integration - "Mini World Cup Day"

Warm-up:

- World Cup Dribble Game

Skill Review Circuit:

- Dribble & Turn
- Pass & Move
- Shooting Accuracy

Mini Tournament:

- 4v4 or 5v5 Round Robin
- Country themes, music, role rotation

Bonus Tactical:

- Kick-ins & Throw-ins
- Transition Challenge

Cool Down & Celebration:

- Awards, photo, camp cheer

U.S. Youth Soccer Best Practices:

- Ball mastery and small-sided games
- Emphasis on fun and tactical awareness
- Encourages creativity and positive reinforcement