

**NLSA PROVINCIAL TEAM CAMP
U12/U13 GIRLS AND BOYS
OCTOBER 30 – NOVEMBER 1, 2020**



Friday, October 30th			
Location/Age Group	Time	Session	Staff
KGV U12 Girls	5:00 – 6.30pm	1v1 Defending	DM
KGV U12 Boys	6:30 – 8:00pm	1v1 Defending	DM
Portugal Cove U13 Girls	5:00 – 6.30pm	1v1 Defending	MM
Portugal Cove U13 Boys	6:30 – 8:00pm	1v1 Defending	MM
Saturday, October 31st (Morning)			
Location/Age Group	Time	Session	Staff
KGV U12 Girls	9:00 – 10:30 am	Game – Defending Principles	MM / DM
KGV U13 Girls	10:30 am – 12:00 pm	Game – Defending Principles	MM / DM
KGV U13 Boys	12:00 – 1:30 pm	Game – Defending Principles	DM
Portugal Cove U12 Boys	12.00- 1:30 pm	Game – Defending Principles	MM
Saturday, October 31st (Afternoon)			
Location/Age Group	Time	Session	Staff
KGV U12/U13 Girls	3:00 – 4:30 pm	Stations (Defending)	DM / MM
KGV U12/13 Boys	4:30 – 6:00 pm	Stations (Defending)	DM / MM
Sunday, November 1st ✪			
Location/Age Group	Time	Session	Staff
KGV U13 Girls	9:00 – 10:30 am	GAG	DM / MM
KGV U13 Boys	10:30 am – 12:00 pm	GAG	DM / MM

CAMP OBJECTIVES

Physical

- Physical literacy
- Flexibility
- Foot movements
- Use of arms / Engagement

Social/Emotional

- Interacting with other players
 - Learning names / group huddles
- Interacting with coaches
 - Learning and using names (not “Coach”)

Physiological

- Creating an attitude/culture with all the players
 - If the ball goes out of play arms go up NL ball)
- Respect for each other and the coaches
 - Introduce giving praise to each other

Technical

- Speed and approach to the ball
- Body position
 - Pushing to wide areas
- Decision
 - Can I win the ball or delay?
- Distance

Tactical

- **What** - is compactness?
- **Why** - do we get compact?
- **When** - do we get compact?
- **Where** - do we get compact?
- **How** - do we get compact?

Session Structure

Each session to have a full three phase warm up and cool down

Warm Up - 15 minutes total

Phase 1.

- Groups of 10/12 players unstructured movement, allow/ encourage players interactions
- Introduce dynamic movements

Phase 2.

- Footwork movements lateral, forward, backwards.
- Introduce problem solving and supportive communication

Phase 3.

- 5v5 or 6v6 handball

Cool down- 6/8 minutes

- Slow jog
- Static stretching
- Fully monitored by staff with positive re-enforcement and information on hydration and recovery.

Session or Game introduction

Session

- Introduce the session topic by using a white board and or a walkthrough.
- Cover all of the rules, keep as close to FIFA rules as possible.
- Explain what to do if there is an injury
- Explain the EAP
- Explain what you want the players to do on an intervention. (freeze stand still)

Game

- Introduce the formation either on a white board or by creating the formation on the ground with bibs.
- You and the players decide on three Objectives. (depending on the last session topic.)
- Staff to take stats to help to review the objectives at break times or at the end of the game.

