



OTA Soccer Camp  
Day 1 – Monday

8:45 – 9:10: Registration Check In

8:45-9:10: Freeshoot Around and Coaches Challenge

- **Penalty Shots vs Coaches**
- \_\_\_\_\_ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 9:30: Stretching

9:30 – 10:00: Warm Up Game

- **Egg Hunt**
- **Yo-Yo**
- \_\_\_\_\_ (Fill In)

10:00 – 10:10: Water Break

10:10 – 10:45: Skill Stations & Fundamentals

- **Dribbling**
- **Trapping**
- \_\_\_\_\_ (Fill In)

10:45 – 11:00: Water Break

11:00 – 11:30: Practice Games

- **NCAA Scrimmage Games**
- **MLS Scrimmage Games**
- \_\_\_\_\_ (Fill In)

11:30 – 12:00: Blow Out Game

- **Numbers Game**
- \_\_\_\_\_ (Fill In)

12:00 – 12:45: Lunch or Half Day Camp Dismissal

12:45 – 1:00: Attendance Lines / Make Teams w Coaches

1:00 – 1:30: Team Practice

1:30 – 2:45: Practice Games

- **NCAA Scrimmage Games**
- **MLS Scrimmage Games**
- \_\_\_\_\_ (Fill In)

2:45 – 3:00: Wrap Up / Recap and Preview / Awards / Dismissal



OTA Soccer Camp  
Day 2 – Tuesday

8:45 – 9:10: Registration Check In

8:45-9:10: Freeshoot and Coaches Challenge

- Soccer Juggle
- \_\_\_\_\_ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 9:30: Stretching

9:30 – 10:30: Warm Up Games

- World Cup Soccer
- \_\_\_\_\_ (Fill In)

10:30 – 10:40: Water Break

10:40 – 11:00: Skill Stations & Fundamentals

- Shooting
- AIM
- Defense
- \_\_\_\_\_ (Fill In)

11:00 – 11:15: Contest

- Dribble Eliminator – All Camp

11:15 – 11:45: Practice Games

- NCAA Scrimmage Games
- MLS Scrimmage Games
- \_\_\_\_\_ (Fill In)

11:45 – 11:55: Blow Out Game

- Battleship
- \_\_\_\_\_ (Fill In)

12:00 – 12:45 Lunch or Half Day Camp Dismissal

12:45 – 1:00 Attendance Lines / Make Teams w Assigned Coaches

1:00 – 1:30 Team Practice

1:30 – 2:45 Team Games – Schedule

- NCAA Games
- MLS Games
- \_\_\_\_\_ (Fill In)

2:45 – 3:00 Wrap Up / Recap and Preview / Awards / Dismissal



OTA Soccer Camp  
Day 3 – Wednesday

8:45 – 9:10: Registration Check In

8:45-9:10: Freeshoot Around and Coaches Challenge

- Target Practice
- \_\_\_\_\_ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 9:30: Stretching

9:30 – 10:30: Warm Up Games

- Run And Rip
- Clean Up Your Backyard
- Ice Monster
- \_\_\_\_\_ (Fill In)

10:30 – 10:40: Water Break

10:40 – 11:00: Demonstration

- OTA Coach Practice Plan Talk – ‘How to Get Better’
- \_\_\_\_\_ (Fill In)

11:00 – 11:45: Team Games – Schedule

- NCAA Games
- MLS Games
- \_\_\_\_\_ (Fill In)

11:45 – 11:55: Blow Out Game

- Corner Kick Challenge
- \_\_\_\_\_ (Fill In)

12:00 – 12:45: Lunch or Half Day Camp Dismissal

12:45 – 1:00: Attendance Lines / PM Announcements

1:00 – 1:30: 2v2 Tournament (First Round)

- \_\_\_\_\_ (Fill In)

1:30 – 2:45: Team Games – Schedule

- NCAA Games
- MLS Games
- \_\_\_\_\_ (Fill In)

2:45 – 3:00 Wrap Up / Recap and Preview / Awards / Dismissal



OTA Soccer Camp  
Day 4 – Thursday

8:45 – 9:10: Registration Check In

8:45-9:10: Freeshoot Around and Coaches Challenge

- Dribble Maze/Course
- \_\_\_\_\_ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 9:30: Stretching

9:30 – 10:30: Team Games – Schedule

- NCAA Games
- MLS Games
- \_\_\_\_\_ (Fill In)

10:30 – 10:40: Water Break

10:40 – 11:15: Skill Stations & Fundamentals

- One Touch
- Shooting
- Long Ball
- \_\_\_\_\_ (Fill In)

11:15 – 11:45: Team Games – Schedule

- NCAA Gams
- NBA Games
- \_\_\_\_\_ (Fill In)

11:45 – 11:55: Blow Out Game

- Crab Soccer
- Fireball
- \_\_\_\_\_ (Fill In)

12:00 – 12:45: Lunch or Half Day Camp Dismissal

12:45 – 1:00: Attendance Lines / PM Announcements

1:00 – 1:30: 2v2 Tournament (2<sup>nd</sup> round & finals)

1:30 – 2:45: Team Games – Schedule

- NCAA Games
- MLS Games
- \_\_\_\_\_ (Fill In)

2:45 – 3:00 Wrap Up / Recap and Preview / Awards / Dismissal



OTA Soccer Camp  
Day 5 – Friday

8:45 – 9:10: Registration Check In

8:45-9:10: Freeshoot Around and Coaches Challenge

- **Sharks & Minnows vs Coach Defenders**
- \_\_\_\_\_ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 9:30: Stretching

9:30 – 10:30: Tournament Playoff Games

- **NCAA First Round Matchups**
- **NFL First Round Matchups**
- \_\_\_\_\_ (Fill In)

10:30 – 10:40: Water Break

10:40 – 11:15: Contests (First Rounds)

- **Penalty Kicks**
- **Dribbling Course/Maze (Timed)**
- **Soccer Juggle**
- \_\_\_\_\_ (Fill In)

11:15 – 11:55: Tournament Playoff Games

- **NCAA Second Round Games**
- **MLS Second Round Games**
- \_\_\_\_\_ (Fill In)

12:00 – 12:45: Lunch or Half Day Camp Dismissal

12:45 – 1:00: Attendance Lines / PM Announcements

1:00 – 1:30: Contests (2<sup>nd</sup> Rounds & Finals)

- **Penalty Kicks**
- **Dribbling Course/Maze (Timed)**
- **Soccer Juggle**
- \_\_\_\_\_ (Fill In)

1:30 – 2:45 Tournament Playoff Games

- **NCAA Championship & Consolation Games**
- **MLS Championship & Consolation Games**
- \_\_\_\_\_ (Fill In)

2:45 – 3:00 Wrap Up / Recap and Preview / Awards / Dismissal