

Westmont College Day Camp Details:

- **Day 1:** Technical Mastery
- **Day 2:** Speed Agility Soccer
- **Day 3:** Goalscoring
- **Day 4:** Small-sided games
- **Day 5:** World Cup Experience

The summer camp program features a five-day training curriculum, with each day dedicated to a key area of player development. Campers begin with **technical mastery**, building confidence in ball control, dribbling, passing, and 1v1 dominance. The second day transitions to **speed-and-agility** work designed to sharpen reactions, movement, and control in tight spaces. Mid-week sessions focus on **goalscoring**, where players learn to finish from all areas of the field and **small-sided games** to bring these skills together through competitive rondos, positional play, and tactical scrimmages. The week concludes with an exciting **World Cup Experience** complete with tournament brackets, themed decorations, awards, and a high-energy celebration. Players will receive handouts for each topic at the end of each day.

Technical Mastery Focus

- Ball Control and Mastery
- Passing Mechanics
- 1 vs 1 Dominance
- Dribbling
- Receiving Under Pressure

Speed Agility Focus

- React and Arrive First to the Ball
- Dominate Small Spaces
- Twist and Turn like a Soccer Player
- Body Fakes and Feints
- Acceleration and Control of Body Movements

Goalscoring Focus

- Scoring Inside the Box
- One Touch Finishing
- Crossing and Finishing
- Scoring Outside the Box
- Scoring Under Pressure

Small Sided Games Focus

- Rondos
- Positional Games
- Competitive Scrimmages
- Attack v Defense Games
- Tactical Scrimmages

World Cup Experience Focus

- Full Tournament Bracket
- World Cup Decorations
- Team and Individual Awards
- Soccer Celebration
- Competitive and Engaging

DAILY SCHEDULE

- 9:00am-9:10am - Camp Intro
- 9:15am-9:40am - Camp Warmup
- 9:45am - 11:45am - Daily Theme Training Sessions (includes 10 min snack break)
- 11:50am-12:00pm - Coaches Challenge and Awards
- 12:00pm-1:00pm - Lunch
- 1:10pm-2:45pm - Tournament
- 2:50pm-3:00pm - Coaches Challenge and Awards