

**Waterloo Minor Soccer
High Performance
Camp Curriculum**

Day	9:00 9:45	Snack	10:00 10:45	Snack	11:00 12:00	Lunch	1:15 2:30	Snack	2:30 3:30	Cool Down
Monday	Ball Warm up Coerver	Snack	Passing & Receiving	Snack	Possession Game	Lunch	Fun Games	Snack	SSG 6v6,7v7 Free Play	Cool Down
Tuesday	Ball Warm up Coerver	Snack	Technique, Volleys, Headers	Snack	Possession Game	Lunch	Fun Games	Snack	SSG 6v6,7v7 Free Play	Cool Down
Wednesday	Ball Warm up Coerver	Snack	Dribbling, Shooting	Snack	Possession Game	Lunch	Fun Games	Snack	SSG 6v6,7v7 Free Play	Cool Down
Thursday	Ball Warm up Coerver	Snack	Shooting, Crossing & Finishing	Snack	Possession Game	Lunch	Fun Games	Snack	SSG 6v6,7v7 Free Play	Cool Down
Friday	Ball Warm up Coerver	Snack	World Cup SSG	Snack	World Cup Game	Lunch	World Cup SSG	Snack	World Cup SSG	Cool Down