Texas State Soccer Full Day Camp

July 13-17, 2025

Session Topics/Curriculum

Sunday, July 13
- Ball lifts/juggling
- Dribbling

Monday, July 14
- Passing/receiving
- Dance competition!

Tuesday, July 15
- Shooting
- Cool T-shirt competition!

Wednesday, July 16
- Review
- Crazy hair contest! - Trivia Contest!

Thursday, July 17
- Soccer Olympics
- Closing Ceremony

Sunday, July 13

5:00 check-in
5:30 introductions/demo – ball lifts/juggling
5:50 break into groups/take role
6:00 warm-up/ball lifts/juggling
6:20 dribbling
6:45 Break – announce competitions for the week
7:00 Full-field Games
7:30 End Session – Camp Store Open!

Monday, July 14

9:00 camp demo – passing/receiving
9:15 musical morning warm-up
9:30 review Sunday's topics - *gks separate for training
9:45 passing/receiving on ground – intro outside of foot and flighted balls
10:15 receiving/turning
10:45 Group 1(B 7-9/G 7-10) leave for pool – 11:00-11:30 – then lunch
11:15 Group 2(B 10-13/G 11-13) leave for pool – 11:30-12:00 – then lunch
12:45 Group 1 head back to field from lunch
1:00 Group 2 head back to field from lunch
1:15 receiving out of the air
1:35 passing/receiving games
2:00 head inside for snack break and **Dance Competition!**
2:30 return to field
2:40 Full-field games
3:30 end session – Camp store open!

Tuesday, July 15

9:00 camp demo - shooting
9:15 musical morning warm-up
9:30 review Sunday's topic with activity - *gks separate for training
9:45 review Monday's topic with activity
10:00 shooting progression
10:50 Group 1(B 7-9/G 7-10) leave for lunch at complex– 11:00-11:45 – then pool (12:00-12:30)
11:40 Group 2(B 10-13/G 11-13) leave for lunch at complex– 11:45-12:20 – then pool (12:30-1:00)
12:30 Group 1 head back to field from pool
1:00 Group 2 head back to field from pool
1:15 shooting games - *gks join teams for shooting
2:00 head inside for **Cool T-shirt Competition!**
2:30 return to field
2:40 Full-field games
3:30 end session – Camp store open!

Wednesday, July 16

9:00 Crazy Hair Contest!
9:15 musical morning warm-up
9:30 review Sunday/Monday's topic with activity - *gks separate for training
10:00 review Tuesday's topic with activity
10:45 Group 1(B 7-9/G 7-10) leave for pool – 11:00-11:30 – then lunch
11:15 Group 2(B 10-13/G 11-13) leave for pool – 11:30-12:00 – then lunch
12:45 Group 1 head back to field from lunch
1:00 Group 2 head back to field from lunch
1:15 Open Topic – Coaches' Choice
2:00 head inside for **Trivia Competition!**
2:30 return to field
2:40 Full-field games
3:30 end session – Camp store open!

Thursday, July 17

9:00 Soccer Olympics!
10:00 Camp photo – Wear your camp t-shirt
10:15 small-sided games
10:45 closing ceremony
11:00 end session – Camp store open!

Contact List:

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