

# 2019 Auburn University Day Camp July 8-11

## DAY 1: Dribbling

8:30 am	Camp Check-In
9:00 am	Camp/Staff Introduction
9:10-9:30 am	Camp Warm Up
<b>CIRCUIT TRAINING - DRIBBLING</b>	
9:40 – 9:55	ROTATION 1 Station 1 = Tail Tag- without ball and with ball
10:00 - 10:15	ROTATION 2 Station 2 = Gates Dribbling
10:20 – 10:35	ROTATION 3 Station 3 = Can You Do This?
10:40- 10:55	SNACK TIME
11:00 – 11:15	ROTATION 4 Station 4 = Steal the Bacon
11:20 – 11:35	ROTATION 5 Station 5 = Sharks & Minnows
11:40- 12:00	SMALL SIDED GAMES

**\*Small Sided Games:**  
**3vs3 = 30x25**  
**4vs4 = 40x35**  
**5vs5 = 50x40**  
**6vs6 = 60x40**

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## DAY 2: Passing

9:00-9:30 am            Camp Warm Up

### CIRCUIT TRAINING – PASSING

9:40 – 9:55            ROTATION 1  
Station 1 = Flys and Flyswatters

10:00 - 10:15        ROTATION 2  
Station 2 = Passing Levels/Horseshoes

10:20 – 10:35        ROTATION 3  
Station 3 = Storm the Castle

10:40- 10:55        SNACK TIME

11:00 – 11:15        ROTATION 4  
Station 4 = Gates Passing

11:20 – 11:35        ROTATION 5  
Station 5 = Goalkeeping

11:40- 12:00        SMALL SIDED GAMES

**\*Small Sided Games:**  
3vs3 = 30x25  
4vs4 = 40x35  
5vs5 = 50x40  
6vs6 = 60x40



