

Pro sport Holiday Camp timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Times
9 till 10.30	1 v1 Ball Mastery	2 v 2 Ball Mastery	SAQ Ball Mastery	3 v 3 Ball Mastery	Team Shape	
B	r	e	a	k	1	
10.45 Till 12.15	Test 1 10m30m sprint/Games	American pen comp Games	2 nd Test Crucifix	Pen comp Lightning game	Shooting	
L	u	n	c	h	2	
1.15 Till 2.15	Dribbling 2 v 2	Passing & Receiving	Defending 1v1 2v2	Crossing an Finishing	Games	
B	r	e	a	k	3	
2.30 Till 3.30	Tournament	Tournament	Tournament	Tournament	Finish early for presentation and prizes	
F	i	n	n	i	s	h

Ball Mastery will include games for understanding such as king of the ring and treasure hunt.

Testing is a very important part of the camp and will allow each individual to set some forward goals and see how much they have improved each time they are tested weather this is on one of our camps or as part of the academy and in our bespoke 1 to 1s.