

# Soccer Camp 2023



## Camp Overview

**Location:** Sligo Rovers FC, Sligo

This camp develops budding players fundamental skills through practice and participation of drills and games.

More seasoned players will focus on more technical and skill-specific training and everyone will come together in the afternoon to participate in mini-leagues and small-sided games.

The principles of football taught on the programme include:

- \* Warm-Ups
- \* Skill Development
- \* Fun Games
- \* Dribbling
- \* Passing
- \* Shooting
- \* Defending
- \* Heading
- \* Small-Sided Game

**\*Please note this is a fun summer camp as opposed to an advanced, technical training academy.**

## What you need to bring

- \* Shin guards
- \* Football boots and runners
- \* Rain jacket
- \* Name tag for your bag
- \* Any medication you need

## Dates

Weeks Beginning

- \* 26<sup>th</sup> June, 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> & 31<sup>st</sup> July
- \* 7<sup>th</sup> & 14<sup>th</sup> August

## Daily Timings

- \* Monday to Friday, 10:30 to 15:00

## Number of students on the camp last year

- \* Approximately 110 per week

## Student Nationalities last year

- \* 75% Irish
- \* 15% Spanish
- \* 9% French
- \* 1% Italian

**\*Average nationalities across all age groups**

## Age Range

- \* 10 – 15 years

## Boy to Girl Ratio

- \* 8:2

