



## **BiG HOLIDAY WEEKLY PROGRAMME - am session**

<b>Mon 13<sup>th</sup> Aug</b>	<b>Tue 14<sup>th</sup> Aug</b>	<b>Wed 15<sup>th</sup> Aug</b>	<b>Thu 16<sup>th</sup> Aug</b>	<b>Fri 17<sup>th</sup> Aug</b>	<b>Mon 20<sup>th</sup> Aug</b>	<b>Tue 21<sup>st</sup> Aug</b>
					Introductions, domestics and ground rules	Introductions, domestics and ground rules
					Warm-up activity - - <b>Group-link tag</b>	Warm-up activity - - <b>British bull-dog (with ball)</b>
					Combination passing drills (diagonal movement & rotation)	Dribble & turns (through gates / in pairs)
					Keep ball 'cross the bridge' game	End Zone match (keep ball & score with pass)
					Dribble, turns and skills	Bench ball football
					Feedback / recap	Match
					Match	Feedback / recap
					Feedback / recap	Warm down
					Warm down	



## BIG HOLIDAY WEEKLY PROGRAMME - pm session

Mon 13 <sup>th</sup> Aug	Tue 14 <sup>th</sup> Aug	Wed 15 <sup>th</sup> Aug	Thu 16 <sup>th</sup> Aug	Fri 17 <sup>th</sup> Aug	Mon 20 <sup>th</sup> Aug	Tue 21 <sup>st</sup> Aug
					Introductions, domestics and ground rules	Introductions, domestics and ground rules
					Warm-up activity - <b>- jump, dodge &amp; run</b>	Warm-up activity - <b>Last 'player' standing</b>
					Piggy - in - the - middle (pass with pressure)	Combination passing drill (drop shoulder in middle)
					'Skittle' football match game	Feedback / recap
					Feedback / recap	Football cricket
					Football Tennis	Match
						<b>Target Performance Analysis activity</b>
					Match	
					Feedback / recap Warm down	Warm down



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<u><b>Wed 22<sup>nd</sup> Aug</b></u>	<u><b>Thu 23<sup>rd</sup> Aug</b></u>	<u><b>Fri 24<sup>th</sup> Aug</b></u>	<u><b>Mon 27<sup>th</sup> Aug</b></u>	<u><b>Tue 28<sup>th</sup> Aug</b></u>	<u><b>Wed 29<sup>th</sup> Aug</b></u>	<u><b>Thu 30<sup>th</sup> Aug</b></u>	<u><b>Fri 31<sup>st</sup> Aug</b></u>
Introductions, domestics and ground rules	Introductions, domestics and ground rules	Introductions, domestics and ground rules	Introductions, domestics and ground rules	Introductions, domestics and ground rules	Introductions, domestics and ground rules	Introductions, domestics and ground rules	Introductions, domestics and ground rules
Warm-up activity - <b>Football Statue</b>	Warm-up activity - <b>- King / Queen in the ring</b>	Warm-up activity - <b>- Musical Ball</b>	Warm-up activity - <b>- jump, dodge &amp; run</b>	Warm-up activity - <b>- Ball tag</b>	Warm-up activity - <b>- Group-link tag</b>	Warm-up activity - <b>- Last player standing)</b>	Warm-up activity - <b>- King / Queen in the ring</b>
Skittle football match game	Passing drills (in a square)	Agility and coordination work with hurdles	Piggy - in - the - middle (pass before pressure)	Agility and coordination work with ladders	Combination passing drills (diagonal movement & rotation)	Passing drills (in a diamond)	Mini tournament
Chest Football	Base / Football game	Ball manipulation work and defending technique	Combination passing drill (drop shoulder in middle)	End Zone match (all get to end)	Keep ball 'cross the bridge' game	Chest Football	Feedback / recap
Feedback / recap	Feedback / recap	Feedback / recap	Directional multi-target match	<b>Target Performance Analysis activity</b>	Dribble, turns and skills	Match with coaching points	Warm down
Match	Match	Skittle football match game	Feedback / recap	Feedback / recap	Feedback / recap	Feedback / recap	<b>CERTIFICATE PRESENTATION*</b>
Feedback / recap	Feedback / recap	Match	Match	Match	Match	Match	<b>COMPLETE FEEDBACK FORMS</b>
Warm down	Warm down	Feedback / recap	Feedback / recap	Feedback / recap	Feedback / recap	Feedback / recap	

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\* Only participants who enrol onto the programme for all 7 days will be presented with a BiG medal. However, all participants will get a 'BiG participation' certificate

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Introductions, domestics and ground rules	Introductions, domestics and ground rules	Introductions, domestics and ground rules	Introductions, domestics and ground rules	Introductions, domestics and ground rules	Introductions, domestics and ground rules	Introductions, domestics and ground rules	Introductions, domestics and ground rules
Warm-up activity - <b>- Last 'player' standing</b>	Warm-up activity - <b>- Musical ball</b>	Warm-up activity - <b>- Football Statue</b>	Warm-up activity - <b>- Group-link tag</b>	Warm-up activity - <b>- Ball tag</b>	Warm-up activity - <b>- King / queen in the ring</b>	Warm-up activity - <b>- British bull-dog (with ball)</b>	Warm-up activity - <b>- (Stuck in the mud)</b>
Match	Passing drills (in a square)	Agility and coordination work with hurdles	Piggy - in - the - middle (pass with pressure)	Ball manipulation work in twos	Dribble & turns (through gates / in pairs)	Passing drills (in a square)	Mini tournament
Dribble & turns (through gates / in pairs)	End Zone match (all to get to end)	End Zone game (keep ball and score with pass)	Keep ball transfer match	Keep ball break-out game (in a circle)	Keep ball 'cross the bridge' game	Cricket football	Feedback / recap
Receiving and turning (Spatial awareness) exercise	Feedback / recap	Feedback / recap	Football Tennis	Chest football	Match with coaching points	Match with coaching points	<b>CERTIFICATE PRESENTATION*</b>
Feedback / recap	Cricket Football game	Bench ball football game	Feedback / recap	Feedback / recap	<b>Target Performance Analysis activity</b>	Feedback / recap	<b>COMPLETE FEEDBACK FORMS</b>
Match	Match	Match	Match	Match	Match	Match	
Feedback / recap	Feedback / recap	Feedback / recap	Feedback / recap	Feedback / recap	Feedback / recap	Feedback / recap	
Warm down	Warm down	Warm down	Warm down	Warm down	Warm down	Warm down	

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