

**PROGRAMME EASTER 2014 HOLIDAY FOOTBALL PROGRAMME - WEEK 1**

<b>AM</b>					<b>PM</b>				
Mon 7 <sup>th</sup> Apr	Tue 8 <sup>th</sup> Apr	Wed 9 <sup>th</sup> Apr	Thu 10 <sup>th</sup> Apr	Fri 11 <sup>th</sup> Apr	Mon 7 <sup>th</sup> Apr	Tue 8 <sup>th</sup> Apr	Wed 9 <sup>th</sup> Apr	Thu 10 <sup>th</sup> Apr	Fri 11 <sup>th</sup> Apr
Introductions, domestics and ground rules	Own warm up	Own warm up	Own warm up	Own warm up	Introductions, domestics and ground rules	Own warm up	Own warm up	Own warm up	Own warm up
Warm-up activity - Football Statue	Warm-up activity - King / Queen in the ring	Warm-up activity - Great escape	Agility and coordination work with hurdles		Warm-up activity - Musical Ball	Keep ball game 'First team in'	Ball manipulation - space recognition	Ball manipulation - Dribble or pass	
Skittle football matches	Passing drills (in a square)	Ball manipulation 'Great escape' continuation	Risky business finishing game		Dribble, turns and skills	Passing drills (in traffic) end zone practise	Directional multi-target match	Ball manipulation - pass and move	
Chest football	Base / Football game	Hand ball kick finish game	Combination passing drill (drop shoulder in middle)	<b>Tournament Day</b>	Overload 'score first' game	Bench Ball football game	Feedback / recap	Football tennis	<b>Tournament Day</b>
Feedback / recap	Feedback / recap	Feedback / recap	End Zone match		Feedback / recap	Feedback / recap	Cricket football	Feedback / recap	
'BiG' Match	'BiG' Match	Overload 'score first' game  'BiG' Match	Feedback / recap  'BiG' Match		'BiG' Match	'BiG' Match	'BiG' Match	BiG conditioned matches and free play	
Cool down	Cool down	Cool down	Cool down	Cool down	Cool down	Cool down	Cool down	Cool down	Cool down



## PROGRAMME EASTER 2014 HOLIDAY FOOTBALL PROGRAMME - WEEK 2

<b>AM</b>					<b>PM</b>				
Mon 14 <sup>th</sup> Apr	Tue 15 <sup>th</sup> Apr	Wed 16 <sup>th</sup> Apr	Thu 17 <sup>th</sup> Apr	Fri 18 <sup>th</sup> Apr	Mon 14 <sup>th</sup> Apr	Tue 15 <sup>th</sup> Apr	Wed 16 <sup>th</sup> Apr	Thu 17 <sup>th</sup> Apr	Fri 18 <sup>th</sup> Apr
Introductions, domestics and ground rules	Own warm up	Own warm up	Own warm up	Own warm up	Introductions, domestics and ground rules	Own warm up	Own warm up	Own warm up	Own warm up
Ball manipulation (tight area) - Dribble & turns and spatial awareness	Warm-up activity - <b>Team King</b> / Queen in the ring	Warm-up activity - Great escape	Warm-up activity - Ball tag		Warm-up activity - Awareness Circle	Agility and coordination work with ladders & poles	Ball manipulation - space recognition	Warm-up activity - Stuck in the mud	
Keep ball crossing the bridge game	Passing drills (in <b>overlapping</b> squares)	Ball manipulation 'Great escape' continuation	Keep ball game 'First Team in'		Handball kick finish	Rotation football game with bouncers	Keep ball crossing the bridge game (defending in 3s)	Ball manipulation (tight area) - Dribble & turns and spatial awareness	
Overload 'score first' game	Keep ball game through gates	Passing drills (in a diamond)	Combination passing drill (build-up play)	<b>Tournament Day</b>	Chest football	Bench Ball football game	Feedback / recap	Football tennis	<b>Tournament Day</b>
Feedback / recap	Feedback / recap	Feedback / recap	End Zone match		Feedback / recap	Feedback / recap	Tag Cricket football game	Feedback / recap	
'BiG' Match	'BiG' Match	Overload 'score first' game	Feedback / recap		'BiG' Match	'BiG' Match	'BiG' Match	BiG conditioned matches and free play	
		'BiG' Match	'BiG' Match						
Cool down	Cool down	Cool down	Cool down	Cool down	Cool down	Cool down	Cool down	Cool down	Cool down