

Develop a Soccer Camp

Kerrick Gray

American Military University

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DR. Johnson

# DEVELOP A SOCCER CAMP2

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### Abstract

The trait and behaviors of today's people, accompanied by genetics, are major determinants of their development and growth; their psychosocial, mental and physical health; and their academic, cognitive and physical performance. Advances in technology in the modern society have put into a sedentary lifestyle that has changed peoples' phenotypes from that of 15 to 20 years ago. Today, people weigh more and have a higher BMI (body mass index) than their counterparts just a few years earlier (Hamilton et al, 2004). The annual 4-week soccer camp enables individuals to bond and work on their skills in their related field of sport. The soccer camp focuses on the individual's weaknesses and helps one to realize his true potential. The emphasis on train helps to build the psychological aspect of the game in terms of better understanding with colleagues. The training camp helps to facilitate the physical nature of sports and incorporates the social function of the participants. The fundamental function of the training camp is to facilitate the social growth of the participants in the sports they adore. The changing point of the attacks on the field and the building momentum exhibited by the individuals is significant for the experience.

*Key Words: Sports, soccer camp, sports activities.*

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### Mission Statement

Our mission is to create an environment where every child feels safe and wants to have fun playing the game of soccer. This soccer program is devoted to the enjoyment and development of soccer players without the emphasis on winning. The purpose is to provide players to have fun, learn the sport and develop life skills including a lifelong love for the game. Our desire is to make this a game for all kids and all kids to have fun.

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### Soccer 4 Week Camps

#### Introduction

It is an independent camp that consists of about two hundred campers who play various sports. The camp was established to promote coexistence between participants. The campers come from across the country. The camp does not specify the category of people that it admits to its program. It is to promote coexistence between the campers irrespective of their background ethnicity. The Blue Sand Camp opens its doors to people from all divide depending on their interest. The main turning point for the camp is its necessity to provide the required learning and social interaction among the campers. The campers are allowed to mingle to improve their social skills while at the training camp(Hamilton, S. F., & Hamilton, M. A. 2004). They are provided with all the amenities to help them cope and understand their social welfare. It is the accountability of the campers to ensure that they negate the duties available while in the training camp. Even though Blue Sands camp is meant for sporting activities, it also promotes other activities that include socialization and team building. The camp admits sports participants to camp at the facility for a period during team building on their social agenda.

During this time, the camp admitted students between the ages 8-16. It is in contrast to the last campers that were aged between 18-28 years old and were employed. It is during this period that the camp admitted a different category of students. The students are from one school, which enabled them to interact easily. The students were split into two categories to determine their experiences in various fields of sport (Nash, 2016). The students of ages between 8-11 years olds have been categorized to be day scholars. They will camp and perform their sports activities during the day while the students of ages between 12-16 years old will be overnight

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campers. They will perform their camping activities at night as compared to the day campers. The two groups were split to facilitate better activities and planning. The day and night splitting will enable the students to have an easier fixture at their sports activities as compared to a combined arrangement. This will be the schedule for day campers. 8.30 to 9.00 am this will be arrival time for day campers. 9.00 am to 10.00 am will be technical skills development 10.00 am to 11.30 am campers will be organized in small-sided games. 11.30 am to 12.30 am campers will rest and have lunch 12.30 pm to 1.15 pm there will be soccer video in classroom 1.15 pm to 2.30pm main match will be played 3.15 pm this will be dismissal time. The overnight campers are an expensive lot as compared to the daytime campers. It is because the overnight campers require full schedule that lasts more hours than the daytime period. In that case, the overnight campers require a fixed schedule that will enable them to employ their skills in the activities that they will perform.

This will be the schedule for overnight campers. 8.00 am campers will take their breakfast, 9:00 am to 9:30 am coaches will offer campers demonstrations, 9.30 am to 11.30 am coaches will offer technical and tactical training to campers. 12.00 pm this time campers will rest and have lunch afterward. 2.00 To 4.00 pm this time campers will organize themselves into small-sided match play. 5.00 pm campers will take dinner. 6.30 pm -8.15 pm the main match will be played. 9.00 pm to 9.45 pm there will be team meetings. 9.45 pm to 11.00 pm this will be free time 11.00 pm bedtime. And lights out. The overnight campers will require the double amount of cost that the daytime campers need during the camping program. Their high cost is due to the long period of the camping activities that occur at night. This will be the budget for camping, renting for camp facility \$ 4000, salary for camp staff \$2500, salaries for counselors \$2000,

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food/drinks \$7700, transportation to/ from camp and to/from field trip \$100 and activity fees for 100 campers \$12500. The estimated budget will be \$22,900

The staff hiring will also consume the cost of the camping for both the daytime and night campers. The staff to be hired in this case helps students to overcome their fears during the camping period (Biscomb, K., In Medcalf, R., In Griggs, G., & University of Wolverhampton 2016). They are also tasked with the accountability of guiding students through the camping exercise that is supposed to help build teamwork and co-existence. The staff hiring process is determined by their level of experience and justification. Staffs are hired according to their merit and experience in related fields. The staffs are tasked with the accountability of ensuring that students feel comfortable in their new environment. The equipment present at the training facility fits the medical and sports relevant to the camper's experience. It is the responsibility of the staffs to ensure that the sporting facilities are up to date and have the required standards. The hiring process of the staffs will depend on their knowledge regarding the amenities at the training camp. The sporting amenities might include footballs, basketballs, hockey sticks and balls, the basketball hoop and many more. The availability of these sporting amenities will enable the students to get equipped with the equipment and perform their preferred sporting activity.

The staff that will be hired will be responsible for issuing specific instructions to the students during their training period. The instructions to be issued will be based on the training that will be offered at the exact time. It is, therefore, necessary for the personnel to be highly experienced. Their level of experience will be required to analyze the training situation and provide the students with the best information possible. The hiring process includes a strict interview that will present the interviewee to the panel, which will analyze the level of qualification for the interviewee with a set of questions (Jones, 2011). The questions to be asked

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will justify the qualification level depending on their submission and resume. The resume that they will provide will justify the questions that the panel will ask to ascertain their qualification. It is vital that the panel hire those staffs that are most qualified for the positions. It will ensure that the students receive quality training during their camping period. The equipment at Blue Sands training camp varies with each description. Other than the sporting equipment, the training camp has other amenities at its disposal that allows students to enjoy their time during their stay while camping. It is necessary that the camping students have the best amenities at their disposal during their staying period for comfort.

The amenities that are available at the Blue Sands camp include hot showers and Jacuzzis, which the students will use their playing time to help their muscles heal and relax. There are several Jacuzzis at the Blue Sands camping facility to accommodate guests of approximately three hundred. It means that the current number of guests did not meet the maximum threshold; therefore, other amenities will not be used up by the students. The current number of students admitted to the camping facility is two hundred. The students have all acquired the necessary insurance that will make their stay at the camp comfortable and healthy. The insurance covers that were required for their admission to the camp included health and accident. Health is an important insurance cover that was required due to the physical activities that are ongoing in the camp. Every student is required to undergo specific medical check-ups to ascertain their health and well being. Some activities require that students are healthy to endure the physical activity. In the past, people could be admitted to the training facility without the health insurance cover. It was for this reason that led to the training camp to suffer its worst crisis since its inception (Garland, 2003). One of the students who was admitted in the past was suffering from a rare heart condition, which went unnoticed during admission. It is a situation



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that led to the death of the student during an extensive training process. The situation plunged the training facility in legal battles and turmoil. The family of the student sued the organizers of the training camp and its owners for negligence. It was a dark moment for Blue Sands training camp. It led to numerous court and legal battles, which resulted in a huge loss of money that was spent on a legal team to defend the training camp of any wrongdoing. Since the ordeal took place, health insurance has been made the top agenda and a priority for every person admitted to the training camp.

Accidental insurance was another cover that has been prioritized in the training camp due to the number of injuries that have occurred. The accidental insurance will cover students during their numerous physical activities during their time of stay. It will ensure that every student is covered in the event of an accident within the training camp. Cases of accidents have been on the rise due to the intense sports activities at the camp. The insurance cover will ensure that the students will receive the best healthcare in the event of an accident. It will enable the students to perform at their best towards achieving their targeted goals while at the training camp. Accidents might also occur in the amenities of the facility due to improper handling or any other reason. The first aid kits are also available in the training camp to help in cases of emergency. Emergency cases have been witnessed in the past, and the first aid kits will ensure that the students get first aid if an accident should arise. The trained and qualified personnel will be tasked with administering the first aid to any victim that might suffer an accident. It is for this reason that the staffs to be hired are supposed to have the necessary qualities and experience for the task. The staffs that are interviewed are usually interviewed based on the standards and their former work experience. It will guarantee the student's safety regarding health care.

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The students between ages 8-11 years olds were placed under daytime camping due to their tender ages. They are too young to perform during the night time camping. Their ages do not allow them to be placed under such health risk. However, their older counterparts of ages between 12-16 years olds were categorized on the nightfall camping. They were considered to have met all the necessary criteria to ensure that they stay awake for their camping activities at that period of the night (Gordon, 2009). The timing of their camping activities varies due to the cold weather that engulfs the region at night. The payroll for the staffs varies with each responsibility and task. They are paid according to the amount of task that they perform while at the training camp. The main objective of their good pay is for them to motivate them and ensure that the tasks at the training camp are accomplished without distractions. It is a significant aspect for the students to attain proper instructions during training, which is a responsibility tasked with the staff at the camp. The staffs are paid well to motivate them while discharging their duties at the camp. The payment procedure is normally carried out after every two weeks at the camp, which means that the staffs are paid twice for every month. Their payment coincides with the various ask they perform; for example, the sports instructors are paid more than other staffs due to their fitness instructions. They are required to provide instructions to the students on their positioning of a particular sport. It means that the instructors are responsible for choosing a team from the total number of campers. It is their responsibility to choose the best-placed team to compete with the other team for better results. The instructors must ensure that the sports games are entertaining and provide the necessary social satisfaction to the students at the training camp. The sports games will ensure that the students socialize and interact freely. Their interaction will be beneficial to them both in school and at home. In most cases, people who live in the training camp are usually satisfied with the work ethic provided by the instructors during their stay at the

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camp. The instructors should ensure that the students leave the training camp without the feeling of emotional injustice that will make them regret their stay at the camp.

Drills are also part of the training exercise for the student at the training camp. The drills are performed depending on the sports field of interest that the student might harbor. The drills are performed twice a day. It means that both the daytime campers and nightfall campers perform drills once a day each. The daytime campers perform drills every early morning at exactly 6am while the night time campers undergo their drills at 10pm every night. It is an activity that is performed daily to maintain the level of understanding between the campers and instructors (Prosek, 2011). It is the job of the instructors to ensure that the drills are carried out at interval timings to accommodate all the students at those particular timings. Drills are vital for the students because they ensure that the students are mentally prepared for the upcoming activities. The instructors must ensure that the students are aware of what is required of them during the drill moments as it will ensure that they incorporate the social and physical requirements. The specific method of instruction will be vital during this time to enable the students to incorporate their ideas on the field of study. In this regard, the instructors will ensure that they give the right procedural drills to accommodate the student's mentalities and physical need. The students are required to be in specific sports kit to enable them to perform at a high level and move freely during the exercise period. The lessons are planned to depend on the field of interest for the students. The instructors are the ones that are tasked with planning the necessary lessons to enable the students to adjust. Their planning will ensure that the students adjust to the requirements of the lessons and adhere to the timetable. A timetable is crucial to enable them to know the timing and the type of sporting activities that they will be undertaking at that time.

### 3-Week Camps

- Week 1: In this week, the participants will learn the crucial elements of their technical skills. The first week is crucial to the students because it will be the moment that they will ascertain and test their social and physical skills in the related field. During this week, students will be required to undergo training with their feet, head, and hands to enable them to be fit for the upcoming sporting activities (Sanders, 2014). It is the week that enables students to improve their physical well being as an aspect of the training. It is also a period that will enable students to socialize and get to know one another for their academic and social interaction benefit. The first week can be considered a technical skill development period.
- Week 2: It is considered to be both an individual and team week because it concentrates on the individual's character and the team's skills. During this week, students will perform drills that will be beneficial for their social interaction. The drill work will enable them to incorporate the games that will be assigned to them depending on their skills and characters (Kirkendall, D. T., & Garrett, W. E. 2007). The team will be assessed to ensure that it has incorporated the social welfare and requirement. The team will be guided to gel during this period to promote understanding between teammates. Gelling and understanding one another will be crucial during this week to promote interaction and togetherness. It is also a week that students will undergo various drills that will help them learn and expand their skills (Horwath, 2012). In the event of football as one of the sporting activities held at the training camp, the campers will undergo intense training on how to shoot, head, tackle, and cross the ball for their teammates for better results. The

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second week is also a vital week for the students because it is a period that tests their skills.

- Week 3: It is a week that will enable the instructors to ascertain the team's tactics during this crucial period. The tactics that the team will employ in the related sports activities will be crucial to their success. In this week, students will be required to weigh their weight categories and examine the progress that they will have made after the three-week camping break. They will also apply the tactics that they will have learned at the training camp in their real-life sporting situations. The students will be required to learn the speed of their play during games to enable them to be a step ahead of their opponents. The third week is the time that both the students and the instructors usually sum up their activities understanding. It is a period that the students usually ask questions regarding the manner in which they have been trained during their stay at the camp. It is, therefore, considered a crucial week because it winds up the practice.

### Conclusion

Blue Sands camping facility has been instrumental in helping people to adapt to their physical needs. Students have been able to improve their social interaction levels and academics due to the training program that the camp offers. The staffs at the training camp are hired depending on their level of qualification and experience. They are tasked with the responsibility of ensuring that the campers receive the best training during their stay. The training camp admits people of different sports interest. It does not have a specific sports activity. Some of the sports practiced at the Blue Sands training facility include basketball, soccer, volleyball and many more. The students practice how to participate in these activities through the instructions offered

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to them by the instructors. It is necessary that they follow the instructions depending on their interest in the related field.

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