



CHELSEA FC FOUNDATION FOOTBALL CAMPS

FOUNDATION

DAY 1

HUDSON-ODOI DAY

NDATION

FOOTBALL

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|---------------------------------|--|---------------------|--|-----------------------------------|--|--------------------------|--|----------------------------|--|-----------------|--|----------------------|--|---------------------|--|----------|--|----------------------|
| AM 8am - 9am | | Session 1 | | Session 2 | | Session 3 | | Lunch Time 12:30pm | | Session 4 | | Session 5 | | Session 6 | | Sign Out | | PM Club 4:30pm - 6pm |
| Sign In 9am - 9:25am | | Camp Welcome 9:25am | | 9:30am - 10:30am | | 10:50am - 11:40am | | 11:40am - 12:30pm | | 1:30pm - 2:20pm | | 2:20pm - 3:10pm | | 3:30pm - 4:20pm | | 4:30pm | | |
| Kit Distribution & Course Intro | | Ball Mastery | | Dribbling & Running with the ball | | 1v1 Skills & Tournaments | | Diversity In sport Seminar | | Tournament | | Attacking Challenges | | Sign Out | | | | |
| | | | | Break Time 10:30am | | | | Lunch Time 12:30pm | | | | Break Time 3:10pm | | Camp Wrap Up 4:20pm | | | | |

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|----------------------------|--|-----------------|--|----------------------|--|----------|--|----------------------|
| Session 4 | | Session 5 | | Session 6 | | Sign Out | | PM Club 4:30pm - 6pm |
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| Diversity In sport Seminar | | Tournament | | Attacking Challenges | | Sign Out | | |
| | | | | Camp Wrap Up 4:20pm | | | | |

TUESDAY

RUDIGER DAY

| | | | | | | | | | | | | | | | | | | |
|-------------------------|--|---------------------|--|--------------------------|--|-------------------|--|--------------------|--|------------------|--|----------------------|--|---------------------|--|----------|--|----------------------|
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| Attacking Day Recap | | Defending Overloads | | Defending Invasion Games | | End Zone Games | | Teamwork Seminar | | Transition Games | | Defending Challenges | | Sign Out | | | | |
| | | | | Break Time 10:30am | | | | Lunch Time 12:30pm | | | | Break Time 3:10pm | | Camp Wrap Up 4:20pm | | | | |

WEDNESDAY

JORGINHO DAY

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|-------------------------|--|---------------------|--|--------------------|--|-------------------|--|--------------------|--|-----------------|--|---------------------|--|---------------------|--|----------|--|----------------------|
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| Defending Day Recap | | Passing Techniques | | Possession Games | | Passing Games | | Nutrition Seminar | | Tournaments | | Midfield Challenges | | Camp Wrap Up 4:20pm | | Sign Out | | |
| | | | | Break Time 10:30am | | | | | | | | Break Time 3:10pm | | | | | | |

THURSDAY

KERR DAY

AM 8am - 9am

Sign In

9am - 9:25am

Midfield Day Recap

Camp Welcome 9:25am

Session 1

9:30am - 10:30am

Shooting Techniques

Break Time 10:30am

Session 2

10:50am - 11:40am

Overloads

Session 3

11:40am - 12:30pm

Hydration Seminar

Lunch Time 12:30pm

Session 4

1:30pm - 2:20pm

Shooting Games

Session 5

2:20pm - 3:10pm

Shooting Technique Variance

Break Time 3:10pm

Session 6

3:30pm - 4:20pm

Shooting Challenges

Camp Wrap Up 4:20pm

Sign Out

4:30pm

Sign Out

PM Club 4:30pm - 6pm

SuperCamps

SuperCamps