



FOUNDATION

CHELSEA FC FOUNDATION FOOTBALL CAMPS

MONDAY

JI SO-YUN DAY

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

TUESDAY

TOMORI DAY

AM 8am - 9am	9am - 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 - 6pm
Attacking Play & Challenge Recap	Camp Welcome 9:25am	1v1 Defending Techniques	Defending Invasion Games	Defending as a unit	Teamwork Seminar	Transition Games	Dominating the Defence Challenges	Sign Out
		Break Time 10:30am			Lunch Time 12:30pm		Break Time 3:10pm	Camp Wrap Up 4:20pm
								Sign Out 4:30pm

WEDNESDAY

KOVACIC DAY

AM 8am - 9am	9am - 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 - 6pm
Dominating the Defence and challenge Recap	Camp Welcome 9:25am	Short Passing Techniques	Possession Games	Long Range Passing Techniques	Nutrition & Hydration Workshop	Tournaments	Managing the Midfield Challenges	Sign Out
		Break Time 10:30am			Lunch Time 12:30pm		Break Time 3:10pm	Camp Wrap Up 4:20pm
								Sign Out 4:30pm

THURSDAY

ABRAHAM DAY

AM 8am - 9am	9am - 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 - 6pm
Managing the Midfield & Challenge Recap	Camp Welcome 9:25am	Shooting Techniques	Aerial Control & Volley Techniques	Well-being Workshop	Crossing & Finishing	Overloads	Shooting & Finishing Challenges	Sign Out
		Break Time 10:30am			Lunch Time 12:30pm		Break Time 3:10pm	Camp Wrap Up 4:20pm
								Sign Out 4:30pm

FRIDAY

CHELSEA FC CHALLENGE DAY

AM 8am - 9am	9am - 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 - 6pm
Shooting, Finishing & Challenge Recap	Camp Welcome 9:25am	Coaches Individual Challenges	Coaches Team Challenge	Coaches Team Challenge	Team Tournaments	Team Tournaments	End of Course Presentation	Sign Out
		Break Time 10:30am			Lunch Time 12:30pm		Break Time 3:10pm	Camp Wrap Up 4:20pm
								Sign Out 4:30pm