

Programming Checklist - Camp



During Camp Lesson 1, Lesson 2, Lesson 3, Lesson 4

- Learn all names
- Do 3 group games to maximize social bonds
- Introducing 5-Star Development Map and System
- Introducing what skill the campers will cover
- Setting individual goals for the group
- Making a group identity for the campers
- Establishing rules
- Each kid gets a ball / racquet / anything needed to be engaged
- Show and Demonstrate Skill
- Decide first game or drill
- Skill Progress through skill technique in a game or drill
- Quality: Physical Correction of skill
- Quantity: 100 Repetitions of that skill
- Add gradual speed to your drill
- Add time based challenge, release adrenaline
- Add extra fitness sessions to your drills, keep them intense
- Add 3-4 levels of difficulty depending on the different skill sets you have
- Quality: Correct the quality
- Quality: Demonstrate the skill set again
- Game Play: Progress into game play utilizing the skill you've taught i.e must make two passes in the game if you've taught passing in your drill earlier
- Review what skill each of the kids have acquired
- Congratulate - you've now acquired ___ skill from our ____ level

End of Week

- Give out Awards and congratulate all campers on achieving that specific skillset
- Give out the 5-Star Development Map
- Speak to parents about development
- Mention Quality + Quantity and emphasize
- Let parents and campers know about our further skill progressions -> academy -> Isa tech programs -> aquatics