

***International Sports Federation
Sports Clinic
Sample Schedules and Skills***

Sample Schedule for a One Week Camp

Monday

- 1:30-2:00 Registration / Division of Teams
- 2:00-2:15 Welcome and Instructions
- 2:15-2:25 Team Orientation
- 2:25-2:35 Stretching and Theme Time
- 2:35-2:40 Skill One Demonstration
- 2:40-2:55 Skill One Practice Time
- 2:55-3:10 Skill One Game
- 3:10-3:15 Skill Two Demonstration
- 3:15-3:30 Skill Two Practice Time
- 3:30-3:40 Skill Two Game
- 3:40-3:45 Agent Theme Time
- 3:45-4:00 Combined Skills Game

Tuesday and (Thursday)

- 1:30-1:45 Late Registration / Group Games
- 1:45-1:55 Daily Instructions
- 1:55-2:00 Break into Teams
- 2:00-2:10 Stretching and Theme Time
- 2:10-2:15 Skill Three (Five) Demonstration
- 2:15-2:30 Skill Three (Five) Practice
- 2:30-2:40 Skill Three (Five) Game
- 2:40-2:50 Refreshment Break
- 2:50-2:55 Agent Theme Time
- 2:55-3:00 Skill Four (Six) Demonstration
- 3:00-3:15 Skill Four (Six) Practice
- 3:15-3:25 Skill Four (Six) Game
- 3:25-3:30 Team Leader Theme Time
- 3:30-3:40 Set-up for Practice Games
- 3:40-4:00 Practice Games

Wednesday

- 1:30-1:40 Daily Instructions
- 1:40-1:45 Break into Teams
- 1:45-1:55 Stretching and Theme Time
- 1:55-2:05 Skill One Review and Game

2:05-2:15 Skill Two Review and Game
2:15-2:20 Agent Theme Time
2:20-2:30 Skill Three Review and Game
2:30-2:40 Skill Four Review and Game
2:40-2:45 Set-up for Practice Games
2:45-3:00 Practice Games

Friday

1:30-1:45 Group Games
1:45-1:55 Daily Instructions
1:55-2:00 Break into Teams
2:00-2:10 Stretching and Theme Time
2:10-2:15 Skill Seven Demonstration
2:15-2:35 Skill Seven Practice
2:35-2:40 Refreshment Break
2:40-2:45 Agent Theme Time
2:45-2:50 Set-up Open Play
2:50-3:20 Open Play
3:20-3:30 Break
3:30-3:45 Open Play
3:45-4:00 Instructions for Awards Dinner
4:00-5:00 Break
5:00-6:30 Awards Ceremony and Dinner

Sample Schedule for a One Day Clinic

1:30-2:00 Registration / Division of Teams
2:00-2:15 Welcome and Instructions
2:15-2:25 Team Orientation
2:25-2:35 Stretching and Theme Time
2:35-2:40 Skill One Demonstration
2:40-2:55 Skill One Practice Time
2:55-3:10 Skill One Game
3:10-3:15 Skill Two Demonstration
3:15-3:30 Skill Two Practice Time
3:30-3:40 Skill Two Game
3:40-3:45 Agent Theme Time
3:45-4:00 Practice Games

A Step Above: Sports Clinics

Daily Guide for Monday

Daily Schedule

1:30-2:00 Registration / Division of Teams
2:00-2:15 Welcome and Instructions
2:15-2:25 Team Orientation
2:25-2:35 Stretching and Theme Time
2:35-2:40 Skill One Demonstration
2:40-2:55 Skill One Practice Time
2:55-3:10 Skill One Game
3:10-3:15 Skill Two Demonstration
3:15-3:30 Skill Two Practice Time
3:30-3:40 Skill Two Game
3:40-3:45 Agent Theme Time
3:45-4:00 Practice Games

Daily Theme "Making Good Decisions"

Bible Verse

Proverbs 3:5-6 Trust in the Lord with all of your heart and lean not on your own understanding; in all your ways acknowledge Him and he will make your paths straight.

Theme Time

The first skills taught in the clinic are ball handling and passing. Both involve concentration and decision making. Encourage the participants to use the same effort to make good decisions in life as they use to become better in basketball. Stress the importance of thinking before they make decisions.

Easy Way to Say It

ABC - A good Attitude leads to good Behavior. Good Behavior leads to good Consequences.

Basketball: Skills One and Two

Skill One: Ball Handling

Focus Points

1. Hands - Use fingertips to control the ball, do not slap with palms.
2. Head - Keep head and eyes up to see what is happening on the court.
3. Knees - Keep slightly bent for balance.
4. Feet - spread shoulder width and do not stand flat-footed.
5. Upper Body - Forward for balance and control.

Practice Drills

1. Dribble across the gym with the right hand, with the left hand, and alternating hands.
2. Standing Ricochet Drill and Around the Body Drill. Ricochet - Bounce the ball from front to back between the legs. Around - Pass the ball from hand to hand around the body.
3. Dribble across the gym behind the back and between the legs.

Skills Games

1. Team relays across the gym and back using right and left handed dribble, behind the back and between the legs dribble.
2. Dribbling Relay. Around the body five times, ricochet once, across the gym and back using various assigned dribbles.

Skill Two: Passing

Focus Points

1. Feet - Shoulder width for balance.
2. Fingers - Spread with thumbs pointed toward each other.
3. Chest - Pass to a person's chest, and catch with arms out in front of the chest.
4. Eyes - Look where the pass is going and avoid traffic.

Practice Drills

1. Two facing lines of pairs throwing chest passes, bounce passes and overhead passes.
2. Throwing overhead passes and bounce passes around instructor as the defender.

Skills Games

1. Two facing lines zigzag drill. Chest pass, bounce pass, overhead pass, from one end of the line to the other and back in a zigzag or criss-cross pattern.
2. One Line Drill. Person on the end of the line shuffles from one end of the line to the other and back passing to each member in the line. Drill lasts until everyone in the line has taken a turn.

Soccer: Skills One and Two

Skill One: Ball Control / Trapping

Focus Points

1. Trapping - Face the ball. Lift the "trap" foot slightly off the ground with knee bent and the toes pointed up and out. Wedge the ball between the ground and the sole of the foot.
2. Controlling a ball from the front - Position the body in front of the ball. Lift slightly with knee bent and toe pointed out from the body. Wedge the ball against the ground with the inside of the foot in front of body. Move foot slightly backward with the motion of the ball in a cradling motion to avoid a rebound.
3. Keep the eyes on the ball when trying to trap or control it.

Practice Drills

1. Partners roll balls toward each other and practice trapping the ball.
2. Partners roll balls toward each other practicing controlling ball from the front.

Skills Games

1. Participants line up to receive and trap one or two rolled balls. Each ball trapped in front of the body receives one point for the team or group. If the ball is trapped without a rebound the team or group receives two points. Two or three lines can go simultaneously with the team's score equaling the total scores from all lines.
2. Participants use the same skills game format for controlling ball from the front.

Skill Two: Advanced Ball Control

Focus Points

1. Controlling a ball from the side - Lift the leg slightly with a bent knee and the toes pointed inward and downward. Wedge the ball against the ground outside the body with the outside of the foot. Move foot slightly inward with the motion of the ball in a cradling motion to avoid a rebound.
2. Controlling the ball with the chest - Face the ball with the arms spread and one foot forward for balance. Lean the upper body backward to receive the ball and move it slightly backward on impact to cradle the ball and absorb its forward motion.
3. Keep eyes on the ball when attempting to control it.

Practice Drills

1. Partners roll balls toward each other from the side to practice controlling the ball from the side.
2. Partners toss a ball toward each other to practice controlling the ball with the chest.

Skills Games

1. Participants line up to each receive and control one or two rolled balls from the side. Each ball trapped in beside the body receives one point for the team or group. If the ball is trapped without a rebound the team or group receives two points. Two or three lines can go simultaneously with the team's score equaling the total scores from all lines.
2. Participants use the same skills game format for controlling the ball with the chest.

A Step Above: Sports Clinics

Daily Guide for Tuesday

Daily Schedule

1:30-1:45 Late Registration / Group Games
1:45-1:55 Daily Instructions
1:55-2:00 Break into Teams
2:00-2:10 Stretching and Theme Time
2:10-2:15 Skill Three Demonstration
2:15-2:30 Skill Three Practice
2:30-2:40 Skill Three Game
2:40-2:50 Refreshment Break
2:50-2:55 Agent Theme Time
2:55-3:00 Skill Four Demonstration
3:00-3:15 Skill Four Practice
3:15-3:25 Skill Four Game
3:25-3:30 Team Leader Theme Time
3:30-3:40 Set-up for Practice Games
3:40-4:00 Practice Games

Daily Theme "Setting Goals"

Bible Verse

Philippians 3:14 - I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Theme Time

Players shoot field goals in basketball or goals in soccer to score points in order to win a game. There is more to life than money and power. Encourage participants to set goals in their lives that are honorable and good for themselves and others.

Easy Way to Say It

Good athletes do not set goals to lose or miss a shot. They play to win and to be successful.

Basketball: Skills Three and Four

Skill Three: Shooting

Focus Points

1. Feet - Shoulder width with shooting foot forward and the toe of the shooting foot pointed straight toward the basket.
2. Knees - Slightly bent and used for power in the shot.
3. Elbow - Slightly below the chin and in front of the ball.
4. Wrist - Parallel to floor, used to push up with complete follow through.
5. Hands - Shooting hand behind the ball and other hand cradling the ball.

Practice Drills

1. Mental Shooting with an emphasis on each focus point.
2. Free throws with team members rotating around the lane and two shooters at one time.

Skills Games

1. Free throw percentage game. Each team member takes two shots and team percentage is calculated.
2. Lay-up, Free Throw, Lay-Up, Free Throw Drill. Place a ball on the ground near the right side of the basket and one on the free throw line. A team member shoots a lay-up with the first ball runs to shoot a free throw with the next ball, runs to shoot a lay-up from the left side, and runs to shoot a free throw to finish. Other teammates rebound during the drill.

Skill Four: Advanced Shooting

Focus Points

1. Emphasize ball handling focus points before shots.
2. Re-emphasize shooting focus points.
3. Lay-ups.
 - a. Jump off of leg opposite of shooting hand.
 - b. Use the square on the backboard.
4. Pull-ups.
 - a. Approach basket at an angle.
 - b. Set feet properly before shooting.

Practice Drills

1. Lay-up lines run from the right and left sides.
2. Lay-up lines with pull-up jumpers from the right and left sides.

Skills Games

1. 10'-15' Triangle Drill. Place a ball 10'-15' out on each wing and in front of the basket. Team members shoot them in rapid progression.
2. Lay-up relay starting at the right corner of the free throw line. Run to shoot the lay-up, get the rebound run back to the opposite corner of the free-throw line and run to shoot a left handed lay-up.

Soccer: Skills Three and Four

Skill Three: Dribbling

Focus Points

1. Always keep the ball close to the feet.
2. Keep body weight on the non-dribbling foot for balance.
3. Use the heel instep or toe to move the ball, whichever is most comfortable.
4. Take small steps or strides.
5. Keep the head up as much as possible to see what is happening on the field.

Practice Drills

1. Dribble a ball across the field and back.
2. Dribble the ball in a zigzag motion around several cones.
3. Dribble the ball across the field and back with a defender who is pressuring but not attempting to take possession of the ball.

Skills Games

1. Have a timed relay with the zigzag drill.
2. Have the team stand in a large circle. Time a relay where all team members dribble the ball around the outside of the circle and back around to the next person in the circle.

Skill Four: Heading / Throw-Ins

Focus Points: Heading

1. Keep eyes on the ball.
2. Bend the knees slightly and stand with one foot in front of the other.
3. Spread the arms for balance and rock backwards transferring body weight to the back foot.
4. Snap the upper body forward and contact the ball with the forehead, not the face or top of the head.
5. Transfer the weight to the front leg on contact and drive the head through the ball with a follow through.

Focus Points: Throw-Ins

1. Grip the ball with both hands fingers spread on the sides and back of the ball.
2. Spread feet to a comfortable position and bring the ball behind the head with arms bent.
3. Drive forward with the upper body and throw the ball by straightening the arms and bringing them forward over the head.
4. Lift to the balls of the feet and transfer weight forward.
5. Release the ball in front of the head and follow through by pointing arms toward the target.

Practice Drills

1. Instructors throw balls to participants to work on heading.
2. Participants pair-up and throw-in balls to each other incorporating throw-in and ball control focus points.

Skills Games

1. Instructor stands in a four cone box and tosses a ball to each participant on a team. The participant receives a point if they head the ball back to the instructor. If the instructor does not have to leave the box to receive the ball, then the team receives a point.
2. Same format as heading drill with participants making throw-ins instead of heading the ball.

A Step Above: Sports Clinics

Daily Guide for Wednesday

Daily Schedule

1:30-1:40 Daily Instructions
1:40-1:45 Break into Teams
1:45-1:55 Stretching and Theme Time
1:55-2:05 Skill One Review and Game
2:05-2:15 Skill Two Review and Game
2:15-2:20 Agent Theme Time
2:20-2:30 Skill Three Review and Game
2:30-2:40 Skill Four Review and Game
2:40-2:45 Set-up for Practice Games
2:45-3:00 Practice Games

Daily Theme "Running The Race"

Bible Verse

I Corinthians 9:24 - Do you not know that in a race all the runners run, but only one gets a prize? Run in such a way as to get the prize.

Theme Time

On Wednesday, the clinics focus on practice and review for improvement. Encourage participants not to settle for mediocrity, but to strive for the best they can be. It is easy just to play around, but it takes a real winner to work hard and study. People who run the race to win in life can be whatever they choose to be.

Easy Way to Say It

Michael Jordan didn't make his junior high team, but practiced hard to become one of the greatest basketball players ever. Hank Aaron struck out over two thousand times, but stuck with baseball long enough to set the homerun record and make the Hall of Fame.

A Step Above: Sports Clinics

Daily Guide for Thursday

Daily Schedule

1:30-1:45 Late Registration / Group Games
1:45-1:55 Daily Instructions
1:55-2:00 Break into Teams
2:00-2:10 Stretching and Theme Time
2:10-2:15 Skill Five Demonstration
2:15-2:30 Skill Five Practice
2:30-2:40 Skill Five Game
2:40-2:50 Refreshment Break
2:50-2:55 Agent Theme Time
2:55-3:00 Skill Six Demonstration
3:00-3:15 Skill Six Practice
3:15-3:25 Skill Six Game
3:25-3:30 Team Leader Theme Time
3:30-3:40 Set-up for Practice Games
3:40-4:00 Practice Games

Daily Theme "Winning in Life"

Bible Verse

Romans 10:10-11 - For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved. Anyone who trusts in Him will never be put to shame.

Theme Time

Take the time to share your personal testimony with the participants and how becoming a Christian changed your life. Encourage them to consider their relationship to God and invite them to ask you any questions they may have related to accepting Jesus Christ as their personal Savior.

Easy Way to Say It

Use a tract, the Four Spiritual Laws, a Powerband, etc.

Basketball: Skills Five and Six

Skill Five: Ball Movement

Focus Points

1. Emphasize Passing focus points.
2. Footwork.
 - a. Stay on balls of the feet
 - b. Do not cross feet on shuffling moves
 - c. When running forward turn only upper body to pass
3. Pass in front (lead) of a moving teammate not behind them.

Practice Drills

1. Pairs stand in lines across from each other. Pairs take turns shuffling across the gym and back throwing chest passes.
2. Pairs run across gym and back throwing passes to each other.

Skills Games

1. Relay with the shuffle drill. If the ball touches the floor then the pair must start over.
2. Relay with running drill if the ball is dropped the pair must start over.

Skill Six: Man-on Man Defense

Focus Points

1. Hands - Keep open hands off of the defensive man.
2. Arms - Keep them up when your man does not have the ball. Use the forearm only to touch the defensive man.
3. Body - Between the ball and the basket.
4. Knees and waist - bent for balance and control. Do not stand up straight.
5. Feet - Spread wide and up on the balls of the feet.
6. Eyes - On the player's chest and the ball. Not on the player's eyes.

Practice Drills

1. One-on-One defense drill. One player dribbles up the sideline and back against a defender. Then the players switch ball possession and go again.
2. Defensemen on the baseline throws the ball to the offensive man on the free throw line and tries to keep the offensive man from scoring.

Soccer: Skills Five and Six

Skill Five: Kicking / Shooting

Focus Points

1. Keep eyes on the ball throughout the kick.
2. Put body weight on non-kicking foot and lift kicking foot behind the ball with the knee slightly bent.
3. Extend the arms for balance.
4. To keep the ball on the ground kick the middle of the ball, and to lift the ball. Kick toward the bottom half of the ball.
5. Follow through completely with the kicking leg.
6. Instep Kick - Point toe outward not forward, and kick the ball with the inside of the foot.
7. Shooting with Instep - Approach the ball from an angle and plant the non-kicking foot beside the ball a few inches away. Bend upper body slightly forward and swing kicking foot with toe pointed slightly forward and down. Contact the ball with the instep or top of foot.

Practice Drills

1. Participants stand in two lines facing each other and kick the ball back and forth two each other. Then pass a ball in a zigzag pattern up and down both lines.
2. Participants kick the ball back and forth between cones for accuracy.
3. Participants shoot on real or designated goal.

Skills Games

1. Timed zigzag kicking relay.
2. Participants shoot on a small goal and the team's goal scoring percentage is measured.
3. Spread five balls in front of a goal and have participants shoot them quickly. Measure the goal scoring percentage of the team.

Skill Six: Passing

Focus Points

1. Same focus points as kicking.
2. When the pass receiver is stationary, the pass needs to be directly to their feet.
3. When the pass receiver is moving, the pass needs to be in front of them so they can receive the pass and continue their forward motion without stopping for the ball.
4. Passes need to be made with caution and away from defenders.
5. Passes should be crisp and not so slow that a defender could intercept them.

Practice Drills

1. Circle passing drill. One player stands in the middle of a circle of teammates and passes quickly back and forth to everyone around the circle.
2. Two single file lines with the front people facing each other. The ball is passed between the front of the two lines and the passer runs to the end of their line.

Skills Game

1. Time the circle passing drill with each team member taking a turn in the middle.
2. Time the single file lines practice drill. Stop when the starting front team members are back to the front of the line.

A Step Above: Sports Clinics

Daily Guide for Friday

Daily Schedule

1:30-1:45 Group Games
1:45-1:55 Daily Instructions
1:55-2:00 Break into Teams
2:00-2:10 Stretching and Theme Time
2:10-2:15 Skill Seven Demonstration
2:15-2:35 Skill Seven Practice
2:35-2:40 Refreshment Break
2:40-2:45 Agent Theme Time
2:45-2:50 Set-up Open Play
2:50-3:20 Open Play
3:20-3:30 Break
3:30-3:45 Open Play
3:45-4:00 Instructions for Awards Dinner
4:00-5:00 Break
5:00-6:30 Awards Ceremony and Dinner

Daily Theme "Taking a Step Above"

Bible Verse

Romans 12:2 - Do not conform anymore to the pattern of this world, but be transformed by the renewing of your mind.

Theme Time

There are many things in sports and in life that can cause a person to get discouraged when they are trying to succeed. It's easy to make bad decisions and follow the crowd. Encourage participants to make the decision to take a stand for what is right and be different. Anyone can make a difference.

Easy Way to Say It

If you choose to follow your friends who are doing drugs you will become a drug addict. Only when you choose to be different can you be different.

Basketball: Skill Seven

Skill Seven: 3-on-3 Play

Focus Points

1. Emphasize Passing focus points. Look to pass first.
2. Emphasize Ball Handling focus points. Look to dribble second.
3. Emphasize Shooting focus points. Look to shoot last.

Practice Drill

1. 3-on-3 Play. Teams play until one team scores. The team that scores stays on the court and the next team of three waiting comes onto the court to play defense.

Soccer: Skill Seven

Skill Seven: Advanced Ball Movement

Focus Points

1. Emphasize Passing Drills.
2. Emphasize teamwork and the importance of passing down the field to set up good shots.

Practice Drills

1. Pass and run to cone. Set up two parallel lines of cones with more cones than team members. Have team members pick a cone. When a team member passes the ball to a teammate they must run to an empty cone. Run the drill as fast as possible.
2. Hit the cone. Have one defender guard a cone while three teammates try to pass around for an open shot to hit the cone. Set a two pass minimum and when the cone is hit switch shooters and defenders.

Skills Games

1. Time the pass and run to cone drill for ten to fifteen passes. If a pass is missed or kicked away from the receiver it is not counted.
2. Place players in stationary spots or areas in front of a goal and give them two chances to score with a minimum of two passes. Players cannot dribble the ball or leave their spot or area on the field. Two errant passes equal a failed attempt. Calculate the number of successful goals out of a set number of attempts. Use an instructor as the goalie.