

Blue Devils Athletic Club presents . . .

## SUMMER SPORTS CAMPS



Check out our *Curriculum!*

### Level 1 FUNdamentals (ages 6-8)

#### *Monday*

Running Fundamentals

- Relay Basics
- Running-based Games

#### *Tuesday*

Throwing Fundamentals

- Throwing Practice
- Throwing & Target-based Games

#### *Wednesday*

Kicking Fundamentals

- Kicking & Soccer Skills Practice
- Soccer-based Games

#### *Thursday*

Jumping Fundamentals

- Jumping Skills Practice
- Team-based Running Games

#### *Friday*

Games Day Wrap Up

- Running-based Games
- Multi-skill Games & Relay





**BLUE DEVILS**  
ATHLETIC CLUB

## **Level 2 Development** (ages 9-11)

### *Monday*

#### Sprint & Soccer Development

- Intro to Sprint Mechanics
- Sprint Workout
- Intro to Relay
- Soccer Skill Practice & Game Play

### *Tuesday*

#### Testing Day

- Standardized Fitness Testing Familiarization

### *Wednesday*

#### Jumps & Throws Development

- Intro to Jumping & Jumps Workout
- Intro to Throwing & Throwing Skills Practice
- Throwing-based Field Games (Football, Frisbee)

### *Thursday*

#### Endurance Development

- Running-based Games
- Endurance Workout
- Treasure Hunt

### *Friday*

#### Game Tactics Development

- Multi-skill Relay
- Throwing-based Games (dodgeball)
- Field Games Tactics & Practice (Soccer, Frisbee, Football)

