



Dr. Jay Martin's  
**Super Soccer Camp**  
 at Ohio Wesleyan University



**Curriculum for High School and Team Camp**

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>Session I</b> <b>9:00 am</b>		<b>1 v 1</b> <b>Attacking</b> <b>Defending</b>	<b>5 v 2;</b> <b>6 v 3; 6 v 4</b> <b>To Goal</b>	<b>Functional</b> <b>Training by</b> <b>Positions</b>	<b>6 v 4 --</b> <b>emphasis on</b> <b>attacking</b>
<b>Lecture</b> <b>2:00 pm</b>		<b>What is a</b> <b>soccer player?</b>  <b>What is good</b> <b>soccer?</b>	<b>Principles of</b> <b>soccer</b>	<b>Mental</b> <b>preparation</b>	<b>So you want to</b> <b>go to college?</b>
<b>Session II</b> <b>3:15 pm</b>		<b>2 v 1, 2 v 2,</b> <b>3 v 1, 3 v 2,</b> <b>3 v 3</b> <b>To Goal</b>	<b>Possession</b> <b>Games</b>	<b>Patterns play &amp;</b> <b>Building</b> <b>from the back</b>	<b>6 v 6 --</b> <b>emphasis on</b> <b>defending;</b> <b>pressing and</b> <b>drop back zone</b>
<b>Session III</b> <b>7:00 pm</b>	<b>Meet the Staff</b>  <b>Evaluation</b> <b>Small-Sided</b> <b>Games</b>	<b>SSC</b> <b>Tournament</b> <b>Games</b>	<b>SSC</b> <b>Tournament</b> <b>Games</b>	<b>SSC</b> <b>Tournament</b> <b>Games</b>	<b>SSC</b> <b>Championships</b>