

Summer Camp

During your camp,

- ⇒ Improve technical precision
- ⇒ Improve your game intelligence and your understanding of the game
- ⇒ Increase your speed and agility
- ⇒ Develop mental toughness

Camp Programme :

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Topic	Possession to advance	Destabilizing the opponent	Defending	Finishing	Tournament day
Focus of the topic	Passing and Receiving	Through pass and dribbling	Defending 1 v 1 / 1 v 2 / 2 v 2 / 2 v 3	Shooting	End of Camp tournament
Morning	9 :00 > 9 :30 : Arrival	9 :00 > 9 :30 : Arrival	9 :00 > 9 :30 : Arrival	9 :00 > 9 :30 : Arrival	9 :00 > 9 :30 : Arrival
	9 :30 > 11 :30 : Session 1	9 :30 > 11 :30 : Session 3	9 :30 > 11 :30 : Session 5	9 :30 > 11 :30 : Session 7	9 :30 > 11 :30 : Session 9
Lunch	Technical workshops	Technical workshops	Technical workshops	Technical workshops	Technical workshops
	12 :00 > 13 :30`			Lunch	
	13 :30 > 14 :00 Team work and group skills				
Afternoon	14 :00 > 16 :00 : Session 2	14 :00 > 16 :00 : Session 4	14 :00 > 16 :00 : Session 6	14 :00 > 16 :00 : Session 8	Tournament
	Small-sided Games	Small-sided Games	Small-sided Games	Small-sided Games	
	Skill Challenge	Skill challenge		Skill Challenge	
End of the camp : 16 :30					