

International Summer Camp

Goal! Football Camp

Introduction

The Football Camp training programme is focusing on improving the students' football techniques in the different elements of the game. Qualified coaches will teach the camp participants on a daily basis, and the only focus will be on football. Tactical and technical skills, coordination exercises and practice matches are part of the afternoon.

General

The professionals will challenge you with modernist training methods:

- Train with pros
- From beginners to advanced players
- Intensive football training, coaching & mental training

Here are a few of the skills and activities that players will practise every day as a group during the camp:

- Controlling the ball and body orientation
- Passing and receiving
- Coordination skills and drills
- Feints and dribbling
- Accuracy and power in shooting
- Individual tactics and team play
- Cognitive exercises
- Small-sided games
- Technical challenges
- Playing games and tournaments
- Learn by having fun



Overview training Football Camp

First week

Time	Monday	Tuesday	Wednesday	Thursday	Friday
13:15	Get together	Get together	Get together	Get together	Get together
13:30-15:00	Training in groups - Technique - Small-sided games	Training in groups - Rondos - Shooting - Small-sided games	Stationary training Stabilisation and further development of acquired skills and abilities	Training in groups - 1vs1 and 2vs2 offense - Small-sided games	Training in groups - 1vs1 and 2vs2 defense - Small-sided games
15:00-15:30	Break	Break	Break	Break	Break
15:30-17:15	Tournament in small teams	Shooting competition	Tournament in small teams	Games 7vs7	Tournament 1vs1 2vs2

Second week

Time	Monday	Tuesday	Wednesday	Thursday
13:15	Get together	Get together	Get together	Get together
13:30-15:00	Training in groups - Technique - Rondos - Shooting - Small- sided games	Stationary training Stabilisation and further development of acquired skills and abilities	Stationary training Stabilisation and further development of acquired skills and abilities	Tournament - Champions League: League Phase
15:00-15:30	Break	Break	Break	Break
15:30-17:15	Scoring like a pro	Twin Games	Games 7vs7	Tournament - Champions League: Knock-outs and Finals

(Programme subject to change)

