



DAIS FOOTBALL CAMP 2014



On Day two new layers were added to skills taught on the previous day.

Dribbling & Passing Combined:

Running with the ball and incorporating any one skill ie. foot-over or drag-back. Direction and weight of pass. Appropriate drills for the same.

Games for the 8yrs and below such as Dragon & Prince, Kill the monster.

Shooting:

One-Two's followed by shots. Concentrating on striking a moving ball. Taking on a player, making space and taking a shot. Applying the correct technique. Shooting from angles.

Skills:

Controlling with chest. Juggling with head, knees and feet. Running with the ball using various parts of the foot (inside, outside, top and bottom).

Physical Conditioning:

Fartlek (speed play) Training holding the ball, Speed Agility and Quickness (SAQ), etc.

Tactic for the day:

Learn well one of the many new skills that were taught today.

Finished with a Game