



## DAIS FOOTBALL CAMP 2014



### On Day 4 emphasis was on Control whilst implementing skills

#### ***Dribbling:***

Improves ability to change direction and move at speed; whilst in control of the ball

Drills: Run at a fast pace with the ball, and include several changes of direction (zig-zag dribble)

#### ***Shooting:***

Improves the placement of the non-shooting foot; and power in the shooting foot

Special focus on head and knee over the ball, to keep it low, leaning back to shoot in the air, leg speed and follow through for power, shooting towards the goal from varied angles

#### ***Passing / Receiving:***

Improves accuracy, pressure and timing of the pass. Works on the first touch, (relax and retract) whilst receiving the ball

Games: Bowling cones, Backs to the Ball (Chip ball on partner's back)

#### ***Tackling and Shielding:***

Learned how to protect the ball, take ball away from opponents, and the basics of team defense

Games: 1 on 1 (Focus on individual skill), 3 on 1, Backs to goal (Focus on coactive skill) Break the chain (Focus on interactive skill)

***Tactic for the day:*** *Shielding of the ball* (body between the ball and the defender)

***Finished with a game.***