



DAIS FOOTBALL CAMP 2014



On day 5 emphasis was on moving the ball, team play and implementing skills learnt on the 4 previous days

Passing / Crossing:

Stress was placed on chipping and lifting the ball. Short & long passes — Focus on technique (striking underside of the ball), Touch (pressure applied to execute short or long cross)

Shooting:

Crossing across the face of the goal and finishing. Foot and eye coordination combined with improving the timing of the ball, whilst attempting to score.

Special focus on: Low crosses and scoring with the feet only (constantly adjusting the body whilst receiving the ball)

Tackling, Shielding and Team play:

The numbers game 1 v 1, 2 v 2, 3v 3

Small teams competing to score a goal as quickly as possible.

Learn : the team getting to the ball first; take the ball at speed and formulate strategy for a fast attack ,contrary to the opponent/s who have to formulate a defensive strategy just as fast.

Coaching points : Quick attack, defensive posture, moving into space and supporting team play.

Tactic for the day: Using information from the previous 4 sessions during match situations ; preparing for tomorrow's finale.

Finished with a game.