

SCHEDULE \*

S.C.PANELLINIOS

JARRY PARK

From August 1st to 5th, 2016  
From August 8th to 12th, 2016  
From August 15th to 19th, 2016

DEVELOPMENT SOCCER PROGRAM\*\*

	Monday	Tuesday	Wednesday	Thursday	Friday
08:30	Child care option (only for U10 to U13 players, <u>from 8 child</u> )				
09:30	Players arrival				
	<b>Training #1</b>				
10:00	Psychomotors aspects Juggling	Agility Juggling	Vision & awareness games Juggling	Psychomotors aspects Juggling	Agility Juggling
11:30	Vision & awareness games (shoulder check)	Tournament	Games (learn to create 2vs1, 3vs2, etc...)	Tournament	Competition volley shot
12:00	Lunch time				
13:00	<b>Training #2</b>				
13:15	Running technique  Dribbling technique 1 v. 1 2 v. 1	Running technique  Offensive aspects 2 v. 1 2 v. 2 3 v. 2	Free kick technique  Stretching Workshop concentration Soccer video	Running technique  Shots with different kind of crosses	soccer-tennis tournament   Presentation of certificates
14:30	Child care option (only for U10 to U13 players, <u>from 8 child</u> )				
17:30					

\* This schedule is to inform people about what we will do with the players. We can modify this schedule at any time because of number of players, weather conditions and the tiredness of the young players, etc...

\*\* Goalkeepers are very welcome at those camps. We will propose to develop foot playing (as the others players) and they will play most of the time of the practices as goalkeeper.