



DAIS FOOTBALL CAMP 2014



On Day 3, individual, coactive and interactive skills were taught

Dribbling & Turning:

Team based relays incorporating skills such as inside and outside turns and drag-backs were conducted. The outcome desired is to encourage **communication** and **team spirit**.

Games: Relays for all, increasing with skill and intensity according to age and ability.

Shooting:

Wall passes along the ground and in the air, followed by shots at the goal. Competitive shots in pairs from different starts: Seated, Press-ups, Kneeling, Back to the goal. The purpose was to beat the partner and take the shot as early as possible, therefore testing: Speed of reaction, Agility, Strength.

Skills:

Juggling with head and thighs whilst participating in relays. Running with the ball using various parts of the foot (inside, outside, top and bottom)

Physical Conditioning:

Speed, Agility and Quickness (SAQ) using the ladder, to develop 'quick feet' and agility. Running fast towards cones placed centrally, very close to each other, to encourage running with the head up and spatial awareness, thus avoiding collisions in real game situations.

Strength Training: Constantly performing shuttle runs building power in the Quadriceps and the Gluteal muscles.

Tactic for the day: Competing and communicating in the right spirit.

Finished with a game.