



Sunrise S.C. Summer Camp 2014

Week 1: June 9th--June

13th Dribbling/ 1 vs. 1

week:

- Technical aspects: change of speed, skills/moves
- Recognizing open space
- 1 vs. 1 in the center of the field
- 1 vs. 1 on the wings
- game situation (penetration vs. general possession)

Week 2: June 16th-- 20th

Defending a la Germania:

- tasks of the first defender (pressure, channeling, winning possession of the ball)
- defending in 2's: the essential to group defending (cover, double team)
- defending in 3's: cover, double team, triple team, defensive triangle
- pressing forms: attacking, midfield, and defensive pressing
- counter pressing

Week 3: June 23rd-- June 27th

Receiving: The magic to soccer:

- Technical schooling of the first touch with all surfaces
- Receiving the ball under pressure --> how to release pressure with your first touch
- Awareness: the importance of body shape and the look over one's shoulder
- Speed of thought and decision making

Week 4: June 30th - - July 4th

The modern Game of transition:

- The most important moment of soccer
- Counter attack vs. build up play
- Counter pressing
- Transition to defense
- Transition to attack
- Recognizing the transitional moment

Week 5: July 7th - - 11th

Tiki Taka like Barcelona:

- General possession vs. progressive possession
- Speed of thought
- Quality of the pass
- Speed of thought and decision making
- Speed and angle of support and body shape

Week 6: July 14th--18th

The 360 Degree player:

- 1 day of:
 - Street Soccer
 - Beach Soccer
 - Indoor Soccer
 - Soccer Tennis (tournament)

Week 7: July 21st - - July

25th *The modern striker:*

- Technical components
- Shooting mentality
- Scoring of crosses
- Combination plays in the center of the field
- Reaction speed

Week 8: July 28th - - August

1st *Special Scenarios:*

- Playing with a man down/up
- Corner kicks, free kicks, penalties
- Delaying plays
- Special techniques: scoring with the heel, spin outs, heel pass over opponent's head, bicycle kicks, feints before receiving a ball, side volleys, scoring with all parts of the body, deflection headers

Week 9: August

4th - - 8th *Switching*

Plays:

- Technical aspects: body shape, surface ball is played with, recognition and common appearances
- How to release pressure from certain areas of the field
- What happens after the ball is being switched to the other side (trends in professional soccer)
- Speed and numbers of support

Week 10: August 11th - -

15th *Pre--Season Camp:*

- All Academy players and coaches will participate
- Introduction of our philosophy and the first stage of the curriculum
- Understanding the way WE train
- Meet and greet with other players and the chance to get used to each other before the season kicks off

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