

FC BAYERN SUMMER CAMP

ROSEVILLE PREMIER 2022

U9 TO U10	Day 1	Day 2	Day 3	Day 4	Day 5
9:00 - 10:30	Introduction. Level recognition. Group Formation.	Coordination. Catching games: speed, agility with and without the ball.	Individual Tactics 1vs1, 1vs2, 2vs2.	Individual/Partner tactics: offensive and defensive behavior 1vs1 on the wing + goal attempts.	Transition games.
10:30 - 10:45	Break Set-up for training	Break Training set-up change	Break Training set-up change	Break Training set-up change	Break Training set-up change
10:45 - 12:00	Basic techniques, Ball handling, dribbling, 1st / 2nd touch.	Goal practice: Shot training, multiple closing action, heading technique.	1vs1 and 2vs2 on big Goals w/ goalkeeper Shooting technique.	Partner/group tactics: creating scoring opportunities in the centre, 4vs4.	Small sided games , (5vs5, 6vs6) on goals with goalkeeper.
12:00 - 14:30	Lunch. Regeneration.	Lunch. Regeneration.	Lunch. Regeneration.	Lunch. Regeneration.	Lunch. Regeneration.
14:30 - 15:30	Passing game, ball possession, under- /overload, 4vs4 -7vs7.	Various Rondo games.	Game build-up. Position description, position coaching.	Partner/group tactics: Wing combinations + goal attempts.	Soccer Tennis. Goalkeeper training.
15:30 - 16:30	Competitive playing. Tournaments.	Competitive playing. Tournaments.	Competitive playing. Tournaments.	Competitive playing. Tournaments.	Final Tournament. Closing ceremony.

