

AJAX SARKKIRANTA JUNE 10th - 13th



FOOTBALL DEVELOPMENT SCHOOLS IN PARTNERSHIP WITH WEST BROMWICH ALBION FC

@THEFDSACADEMY



NEWS: WORKING IN FINLAND FOR 10 YEARS, MAKING 12 PROFESSIONAL FOOTBALLERS IN THIS TIME!

MONDAY - 'Positive Attitude, Positive Play'

- 9:50 - 10:00 WELCOME: INTRODUCTION TO COACHES AND PLAYERS GO WITH THEIR GROUPS
- 10:00 - 10:30 GROUP SPIRIT, FUN WARM-UP, BUILD UP ENTHUSIASM, GET COMFORTABLE WITH THE GROUP
- 10:30 - 11:30 DRIBBLING, TURNING, SHIELDING GAMES AND INDIVIDUAL SKILLS - IV
- 11:30 - 12:00 SMALL SIDED GAMES - COMMUNICATION, PERSONALITY, GETTING ON THE BALL
- 12:00 - 13:00 LUNCH
- 13:00 - 13:15 FUN WARM-UP GAMES WITH THE BALL
- 13:15 - 14:00 RECEIVING SKILLS TO ATTACK QUICKLY AND PLAY FORWARD
- 14:00 - 15:00 SMALL-SIDED GAMES 3V3-SVS Positive Play
- 15:00 - 15:45 7V7 - 9V9 Positive Play
- 15:45 - 16:00 FUN COOL-DOWN GAMES AND STRETCHES
- 16:00 FAREWELLS

TUESDAY - 'Switch on Quickly: Defending, Attacking and Scoring'

- 10:00 - 10:15 GROUP SPIRIT, FUN WARM-UP
- 10:15 - 11:00 POSSESSION GAMES FOCUSING ON TRANSITION AND QUICK ATTACKS
- 11:00 - 12:00 3 TEAM GAMES, WAVES OF ATTACK - TRANSITION SMALL SIDED GAMES
- 12:00 - 13:00 LUNCH
- 13:00 - 13:15 FUN WARM-UP GAMES WITH THE BALL
- 13:15 - 13:45 TRANSITION SCORING
- 13:45 - 14:45 COUNTER ATTACKING
- 14:45 - 15:45 SMALL SIDED COACHING GAMES - SHARP TURNOVERS
- 15:45 - 16:00 FUN COOL-DOWN GAMES AND STRETCHES
- 16:00 FAREWELLS

WEDNESDAY 'GOAL SCORING'

- 10:00 - 10:15 GROUP SPIRIT, FUN WARM-UP
- 10:15 - 11:15 SHOOTING AND POSITIVE MENTALITY
- 11:15 - 12:00 CROSSING AND FINISHING
- 12:00 - 13:00 LUNCH
- 13:00 - 13:15 FUN WARM-UP GAMES WITH THE BALL
- 13:15 - 14:00 VOLLEYING - TOUCH WORK, SHOOTING
- 14:00 - 15:00 PENALTY BOX SCORING 'FOX IN THE BOX'
- 15:00 - 15:45 CROSSING/FINISHING/SCORING SMALL SIDED GAMES
- 15:45 - 16:00 FUN COOL-DOWN GAMES AND STRETCHES
- 16:00 FAREWELLS

ENGLISH FOOTBALL SCHOOL

THURSDAY - 'WORLD CUP 2019 DAY'

- 10:00 - 10:20 TEAM WARM-UP IN WORLD CUP TEAMS
- 10:20 - 12:00 MINI TEAM COMPETITIONS FOR WORLD CUP POINTS
- 12:00 - 13:00 LUNCH
- 13:00 - 15:45 WORLD CUP FINALS
- 15:45 - 16:00 PRESENTATIONS TO PLAYERS AND PARENTS, AWARDS AND REPORTS
- 16:00 FAREWELLS



AJAX SARKKIRANTA JUNE 10th, 11th, 12th AND 13th