



Summer Camp 2015

EXPERIENCE KNOWHOWSOCCER SUMMER CAMP!

MAKE SURE YOUR KID HAVE THE BEST FOOTBALL KNOWLEDGE AND SUMMER FUN

All programs and activities are directed to the developmental stage of the participant. Tasks are challenging but achievable, guaranteeing that each child leaves the camp with a raised self-confidence along with experience of fun and enjoyment. Our aim is that each player leaves the course having improved his football skills, but also, through playing, interacting with coaches and other players, to learn so much more of football game. The goal of the camps is - education through the practice and educational activities which promote individual and social development, as well as the values of the fair play.

Regular sessions are created for children between 7-17 years old. All participants are grouped in categories with various programs to sign for.

KHS Summer Camp offers smart program for all participants who are willing to perfect their football skills. International participants can combine these skills with learning and practicing English language.

Training program focuses on:

1. Technical
2. Tactical
3. Physical
4. Mental and
5. Social elements of the game.

It develops players as individuals within 1v1 situations, as well as gaining an understanding of working as a team, both in defensive and attacking situations.

Player will:

- Improve technical precision
- Improve game intelligence
- Increase speed and agility
- Gain strength and power
- Improve flexibility and balance
- Develop mental toughness

The camp training sessions are based on technical and tactical work applied in game situations. Players are assigned to small groups to get the best 'one on one' approach with the coaches (different levels of football practices during the camp based on player's level established on the first day of camp). The camp size is limited to give the opportunity for each player to have a better individual coaching session.

The football camp is designed for having fun and playing with the other boys. Players are learning to respect each other while mastering new skills. This is important time for stimulating football players' sense of responsibility and importance of rules of education.



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INTRODUCTION: PROGRAMS

MINI CAMP - Age 7 course

With this age, we emphasize the power of fun, loving to play the game and exercise. Training is based on practicing basic motor skills, introduction of the basic football techniques such as:

1. Running with the ball,
2. Ball control,
3. Kicking and changing of direction etc.

The accent is on various games that motivate children wishing them to eagerly come to the next training practice.

MAXI CAMP - Age 8-11 course

Here we focus on teaching the fundamental techniques of the game showing players how to master these skills. The program is specifically designed for junior players with a fun and friendly atmosphere where players live and breathe the game during the whole working week. They learn how to practice like their idols.

MASTER CAMP - Age 12-15 course

This is an intensive course designed to take players to the next level by using their technique, but also, the focus is on developing their understanding of team shape, defensive responsibilities and attacking principles. Players are exposed to physical concept of training that includes mental preparation for trainings and matches.

PRO CAMP - Age 16+ course

Pro program is an advanced, intensive course that gives older players a valuable insight into the football game. Program that combines all previous learning, technically and tactically, guide youth players to becoming a pro athlete. Course provides them information and skills that prepares them to move into the adult game. Players spend time working physically and mentally, on and off the field of play.

SAVE CAMP - Goalkeeper course

Offer an ideal goalkeeper program in conjunction with our field player schools. We have designed our program based on the fact that goalkeepers should first learn how to play the game. This program will take our goalkeepers to the next level of understanding and awareness of the technical, tactical and communication skills needed for the specialized position of goalkeeping. All session and practices are developed to meet the age and level of the participants.

SOLO CAMP - Individual sessions with maximum 4 players per group

The concept of the program is individual attention to the players who wish to invest more hours into mastering skills, correcting or getting them to the perfection, improving physical capacities, coordination and agility, or recovering from various injuries.



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ONE TYPICAL DAY AT THE CAMP

Date/Time	8:30	9:00 - 10:30	10:30 - 11:00	11:00 - 12:30	12:30 - 13:00
Monday	Theory Introduction Grouping Code of conducts	Practice Technique: Ball Control	Brake Snack Shower	Theory History of Football Players Careers	Parents Pick Up Time
Tuesday	Theory Physical Preparation Imp of the Warm up-Stretching-Cool down	Practice Coordination Agility Mobility	Brake Snack Shower	Theory Laws of the game Guest Lecturer	Lunch
Wednesday	off				
Thursday	Theory Tactical Importance of Tem Play	Practice Team Play Team Shape Players Positioning	Brake Snack Shower	Theory Injuries Guest Lecturer Physiotherapist	Parents Pick Up Time
Friday	Theory Training Importance Attitude Motivation Goals	Practice Technical Skill Challenge	Brake Snack Shower	Theory Match Analysis Best World Cup Match	Parents Pick Up Time

EDUCATION: LECTURES

- History and Laws of the game
- Guest speakers
- Football knowledge – leagues, teams, player's carriers
- 2014 Brazil World Cup reviews
- Nutrition
- Sport Injuries
- Football dictionary
- Modern tendencies in football
- Psychology – leadership, mental preparation, self confidence, team spirit
- Tactical theory through use of video and white boards
- Game analyses
- Quizzes
- Tests

ACTIVITIES

- Final presentation
- Outings
- Skill competitions
- PS football tournaments
- Sightseeing,
- Swimming,
- Learning English,
- Etc.



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FACILITIES

- FIFA Standard, 11-a-side artificial turf pitch
- 5-a-side artificial turf pitches
- Dressing rooms and shower facilities
- Private car park
- Bar facilities
- Multipurpose/Video Conferencing room
- State of the art football training equipment

STUFF

Marko Glumac with his team of qualified and experienced coaches.

“I’m Marko Glumac, Serbian born professional soccer coach and ex professional player. All of my adult life has been focused on soccer in both playing and coaching capacities. I have played and coached throughout Europe. Currently, I’m in possession of a Bachelor Degree in Sports Management with a specialization in soccer, a UEFA ‘A’ coaching license and a ‘Director of Youth Coaching’ license”.

€325 PRICE INCLUDES FULL 8 WEEKS/FOUR DAYS IN A WEEK PROGRAM WITH ALL ACTIVITIES AND WITH NO EXTRA COSTS

€185 PRICE INCLUDES 8 WEEKS/TWICE A WEEK PROGRAM WITH ALL ACTIVITIES AND NO EXTRA COSTS

IF YOU ARE INTERESTED TO BE A PART OF KHS SUMMER CAMP IN MALTA, OR HAVE ANY QUESTIONS, FEEL FREE TO CONTACT US AT

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