

Blackburn Rovers Soccer Camp Schedule



Saturday 30th May 2009

9:00: Creating an environment for decision makers (Brief to coaches/parents-theory) for U13s

9:30: Start the session on teaching the games for the players understanding (With U13s) – SESSION I

11:00: Cool down and finish the session

11:15: Start the session on teaching the games for the players understanding (With U15s) – SESSION I

12:45: Cool down and finish the session

LUNCH

14:15: Creating an environment for decision makers (Brief to coaches/parents-theory) for U15s

14:45: Start the session on teaching the games for the players understanding (With U13s) – SESSION II

16:15: Cool down and finish the session

16:30: Start the session on teaching the games for the players understanding (With U15s) – SESSION II

18:00: Cool down and finish the session

18:30: Presentation on “psychological profiling and mental skills and to maximize player and coach potential”

19:15: Questions and answers.

20:00: Finish



Sunday 31st May

09:00 Football Specific Fitness (Theory for coaches and parents) for U13s & U15s

09:30 Football Specific Fitness with U13s (Practical)

10:45 Cool down (Players decision making) & Debriefing

11:00 Football Specific Fitness with U15s (Practical)

12:15 Cool down (Players decision making)

LUNCH

13:45 Football Match amongst U13s (Player Evaluations)

14:45 Debrief with players and finish

15:00 Football Match amongst U15s (Player Evaluation)

16:15 Debrief with players and finish

16:30 Talent I.D Presentation (What we look for in Recruitment) and mental profiling of selected players.