

# Winter Football Camps

## Football Camp U7-U15

open to boys and girls born  
in 2003-2010

January 29th 2018  
to February 4h 2018

## Development Football Camp and Football Trials

open to players born  
in and after 2001

January 17th 2018  
to January 21th 2018



ORGANISED BY

Venue: Szamotuły Sport Centre, Poland



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rehaCONTROL  
MICHAŁ KOWAL

PeakPer4mance



MANIA KOWAL  
ADWOKACI

# Football Camp U7-U15

open to boys and girls born in 2003-2010

- ⚽ Functional Movement System Tests
- ⚽ Sport Injury Insurance
- ⚽ Football Skills Tests
- ⚽ UEFA Licensed Coaches
- ⚽ Speed Tests
- ⚽ Player report
- ⚽ Physiotherapy treatment provided
- ⚽ Individual Player Development Plan
- ⚽ Individual Performance Analysis, and Scouting
- ⚽ Football Coaching and football training from UEFA qualified coaches

**Each day of our Football Camp is unique** and have been profiled to ensure that our players will be working on important aspects. Despite the practical part, there will be a theoretical dose of knowledge delivered to you by our guests in a form of lectures and presentations.

## Technics

This day is designed to improve your technical skills through a variety of progressive technical football drills. Evening lecture on **"Speed in Football"**.

## Tactics

This day is designed to improve your tactical and game understanding skills through a variety of tactical themed football practices. Evening lecture on **the negative impact of the sugar**.

## Speed

On this day we will be working on speed, acceleration, and agility. Evening lecture **"Is talent the most important thing in achieving success? Talent in football."**

## Life kinetik

Fun, active and scientifically designed life kinetik training which helps us be more creative, focused and stress resistant. Evening lecture on **"The surprising benefits of training in the rain"**

## Small sided games

Training based on small sided games is a great practical use of different skills which have been practiced throughout the week. The Lecture presented by one of our guests will be on the **Hydration and its importance on our performance**.

## When

29.01.2018 – 04.02.2018

## Where

Szamotuły Sports Centre  
Poland

Price: **300€** enrollment till the 30th November

# Development Football Camp and Football Trials

open to players born in and after 2001

- ⚽ Functional Movement System (FMS) Tests
- ⚽ Football Skills Tests
- ⚽ Speed Tests
- ⚽ Individual Player Development Plan
- ⚽ UEFA Licensed Coaches
- ⚽ Sport Injury Insurance
- ⚽ Individual Performance Analysis, and Scouting
- ⚽ Player Report
- ⚽ Football Coaching and football training from UEFA qualified coaches
- ⚽ Scouts from PRO level
- ⚽ Our scouts invite the best players in for club trials and monitoring



Where

Szamotulny Sports Centre  
Poland

When

17.01.2018 – 21.01.2018

Price: **300€** enrollment till the 30th November



**EM SPORT**  
SPORTS MARKETING AGENCY

*Try to be a better player - every single day!*



Perfect Sport  
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MICHAŁ KOWOL



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To sign up and get more information please contact:

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Payments to the following bank account:

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