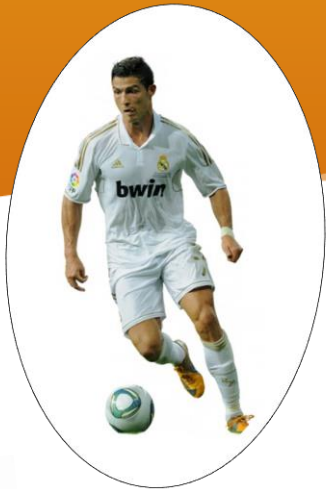


Coaches at Eastern Suburbs

You are working with highly experienced, qualified coaches. They will recognise your strength football skills.

Programmes at Eastern Suburbs

Tactical approach programmes
A focus on tactical principles that develop technical skills in game scenarios following an internationally recognised football curriculum and pathway 7th grade to senior football



Eastern Suburbs Football Holiday Programme are Designed to:

- Promote learning by mistakes in a fun atmosphere.
- Develop skills.
- Understand the game.
- Promote confident thinking and decision making for improve the performance

Pricing:

Wk1 Tuesday 7th - Friday 10th 120

Wk2 Monday 13th - Friday 17th 150

Single days: 35 per day

Book now at:

<http://www.easternsuburbs.org.nz>
578 1375

More info:

jroman@footballcoach.co.nz
022 130 5112

APRIL HOLIDAY PROGRAMME



Week 1:

Tuesday 7th to Friday 10th

Week 2:

Monday 13th to Friday 17th

At Madills Farm

Mornings 8:30 to 11:30

Afternoon 12:00 to 3:00

Afternoon 3:30 to 6:30

Available for All Rep players from 7th grade upwards



JOIN US!!!

Improve your football skills
Top qualified coaches
High quality training sessions
Tactical approach

Train like a PRO
Be a PRO

April football holiday programme 2015



This April join us and let's work to be ready for the start of the season

Top qualified coaches delivering **high quality training sessions** to help you develop and **improve your football skills. Get better** and be **more successful this football season** at **Madills Farm**. 2 weeks: on **Tuesday 7th to Friday 10th** and on **Monday 13th to Friday 17th**



PROGRAMME: TACTICAL PERIODISATION

WEEK 1: Tuesday 7th to Friday 10th

Tactical principles to apply for **transition to play 5 side To 7 side; 7 side to 9 side and 9 side to 11 side.**
New spaces, positioning, movements, cover, retreat, offside...

Tactical principles of the game in **ATTACK** and in **DEFENCE**.

Develop individual technical – tactical skills: controls, finishing, dribbling, beat the man.... jockeying, tackling...

Intelligent football games

Decision making

Pre-season fitness and prevent injury activities

And lots of fun...

WEEK 2: Monday 13th to Friday 17th

Specific **football conditioning tests.**

Football speed, football agility and football coordination.

Develop **individual technical – tactical skills:** controls, finishing, dribbling, beat the man.... jockeying, tackling...

Be ready for the football season: **game day**, nutrition before, during and after matches. Care and **injury prevention...**

Intelligent **football games...**

Decision making

And a lots of fun activities

