

F.T.C



SUMMER CAMPS

VENUES

BRAINTREE Sport and Health Club

WITHAM Recreation Ground

KELVEDON Academy

BOREHAM Primary

Dates: 20th July - 21st August

Timings: 10.00am-3.00pm

- Open to players of all levels
- Boys and Girls/Ages 5-12

Scan here to book





A DAY AT CAMP

WARM UP/BALL MASTERY

Once all the players have arrived, we will start the day with a ball mastery warm up along with some activation drills. This will get the players mentally and physically ready for the day ahead.

TECHNICAL COACHING

For this part of the day we focus on making learning and developing fun. We run lots of professionally designed practices to coach the children many of the attributes in football. This will be via drills, challenges, competitions and games.

MATCHES/TOURNAMENTS

We will then split into age and physicality relevant groups (while taking friendship groups into account) and start our tournament. We will play round robin games, keeping track of all the bonus points earned throughout the day.



A DAY AT CAMP

WHAT WE COACH

Ball manipulation, dribbling, turning, tricks and skills, running with the ball, passing, first touch, shooting, 1v1's, attacking, defending, goalkeeping and more.

FUN ACTIVITIES

Football Tennis
Kick Up Challenge
Cross Bar Challenge
Competitions
Player Relevant Challenges (Such as Saka/Salah)

PRIZES/TROPHIES

Every player who attends a FITC camp will receive a developmental certificate and a medal. There will be trophies on offer for players of the camp and we will also hand out lots of prizes.