

OYSA CAMP ITINERARY

MANDAY

Time: 8:00-8, 30 Arrivals

Time: 8, 30-9:00 introducing the program

Time: 9, 00-9, 40 Technique (Running with the ball, Turning, dribbling, Mathews move, scissor step over, double scissor step over)

Time: 9, 40-10:00 Rest

Time: 10:00-10, 40 Ball work (Drag back check turn, Drag back Cruyff turn, Step over turn etc.)

Time: 10: 40-11: Rest

Time: 11:00-11:40 Small sided game (3 vs. 3)

Time: 11: 40-1:00 Lunch

Time: 1:00-1:4:00 Game 6 vs. 6

Time: 2:00-2:4:00 Game 6 vs. 6

Time: 2:40-3:00 Cool-down

Time: 3:00-4:00 watching move

Time: 4:00 Dismissal

TUESDAY

Time: 8:00-8, 30 Arrivals

Time: 8, 30-9:00 introducing the program

Time: 9, 00-9, 40 Technique (Passing and Receiving)

Time: 9, 40-10:00 Rest

Time: 10:00-10, 40 Ball work (Control on the ground, Control in the air, Chest control, Thigh control etc.)

Time: 10: 40-11: Rest

Time: 11:00-11:40 Small sided game (3 vs. 3)

Time: 11: 40-1:00 Lunch

Time: 1:00-1:4:00 Game 6 vs. 6

Time: 2:00-2:4:00 Game 6 vs. 6

Time: 2:40-3:00 Cool-down

Time: 3:00-4:00 watching move

Time: 4:00 Dismissal

WEDNESDAY

Time: 8:00-8, 30 Arrivals

Time: 8, 30-9:00 introducing the program

Time: 9, 00-9, 40 Technique (Shooting, Ground shooting, Volley shooting etc.)

Time: 9, 40-10:00 Rest

Time: 10:00-10, 40 Heading

Time: 10: 40-11: Rest

Time: 11:00-11:40 Small sided game (3 vs. 3)

Time: 11: 40-1:00 Lunch

Time: 1:00-1:4:00 Game 6 vs. 6

Time: 2:00-2:4:00 Game 6 vs. 6

Time: 2:40-3:00 Cool-down

Time: 3:00-4:00 watching move

Time: 4:00 Dismissal

THURSDAY

Time: 8:00-8, 30 Arrivals

Time: 8, 30-9:00 introducing the program

Time: 9, 00-9, 40 Attacking and Defending (1 vs. 1, 2 vs. 2, 3 vs. 3)

Time: 9, 40-10:00 Rest

Time: 10:00-10, 40 Crossing

Time: 10: 40-11: Rest

Time: 11:00-11:40 Small sided game (3 vs. 3)

Time: 11: 40-1:00 Lunch

Time: 1:00-1:4:00 Game 6 vs. 6

Time: 2:00-2:4:00 Game 6 vs. 6

Time: 2:40-3:00 Cool-down

Time: 3:00-4:00 watching move

Time: 4:00 Dismissal

FRIDAY, ~~Friday~~

Time: 8:00-8, 30 Arrivals

Time: 8, 30-9:00 introducing the program

Time: 9, 00-9, 40 Technique (Reminder, passing and receiving, ball work, heading, shooting,)

Time: 9, 40-10:00 Rest

Time: 10:00-10, 40 Functions attacking, functions defending.

Time: 10: 40-11: Rest

Time: 11:00-11:40 Small sided game (3 vs. 3)

Time: 11: 40-1:00 Lunch

Time: 1:00-1:4:00 Game 6 vs. 6

Time: 2:00-2:4:00 Game 6 vs. 6

Time: 2:40-3:00 Cool-down

Time: 3:00-4:00 watching move.

Time: 4:00 Dismissal