

International Summer Camp

Goal! Milan Academy Football Camp

Introduction

The Milan Academy Football Camp training program is focusing on improving the students' football techniques in the different elements of the game. Qualified coaches from the Milan Junior Academy youth program will teach the camp participants on a daily basis, and the only focus will be on football. Tactical and technical skills, coordination exercises and practice matches are part of the afternoon. The number of Football Camp participants ranges between approx. 30 junior players.

General

The Milan Academy Junior Cap will be running the football training during our Football Camp. The professionals will challenge you with modernist training methods.

- Train with the pros from Milan Academy Junior Camp
- From beginners to advanced players
- Intensive football training, coaching & mental training

Here are a few of the skills and activities that players will practise every day as a group during the camp:

- Controlling the ball and body orientation
- Passing and receiving
- Coordination skills and drills
- Feints and dribbling
- Accuracy and power in shooting
- Individual tactics and team play
- Cognitive exercises
- Small-sided games
- Technical challenges
- Playing games and tournaments
- Learn by having fun

