



GESTSPORTS

OVERVIEW OF GESTSPORTS CAMPS

Gestsports soccer camps, ideal for campers between the ages of 7 -18, focus on individualized player development within a team setting. We provide all-encompassing training, including position-specific, strategic, physical and mental training, and an encouraging learning environment.

Gestsports camps will be overseen by European professional soccer clubs, and their academy coaches and will consist of coaching methods and drills from professional clubs.

All sports partnership include of the world's most established and recognized sports clubs and of the best leagues in Europe.

Each day focuses on a different topic, players are assigned to a group based on age and ability levels, where they will be guided through professional soccer club partner Training curriculum. Camps typically run a four day period.



Daily Topics

During the four days of camp players will extensively cover new technical skills, the goal of each topic is to introduce, refine, and master the skill.

Day	Topic	Focus of the topic
Day 1	Dribbling	Deceptive moves and feints to beat an opponent
Day 2	Turns	Changes in direction to beat a player or create space
Day 3	Passing and Receiving	Improve passing range and accuracy, and first touch to maintain possession of the ball
Day 4	Shooting	Striking techniques to score goals





Soccer Camp Structure

Each day is carefully structured to ensure optimal learning.

DAILY SCHEDULE - THREE HOUR CAMP

Section	Time	Theme	Key Points
Warm Up	20 minutes	Ball Mastery	Main focus is to maximize ball contact. One ball per player is used.
Main Activity	70 minutes	Skill Phase	<ul style="list-style-type: none">Techniques introduced on a scale from non opposed to fully opposed. The objective is to progress from learning the action to performing the action under pressureHigh frequency of repetitions and variety
Break	15 minutes	Rest	Fun non-soccer activities.
Conditioned Activity	45 minutes	Game Related	<ul style="list-style-type: none">Small-sided group playConditions added to reinforce the application of skillActivities to goal with many attacking and defending opportunitiesIndividually based daily skills challenges operated along small sided games
Match	25 minutes	Free Play	Session ends with a competitive scrimmage.
Debrief	5 minutes	Homework	Review of daily topic and homework assignment.

Please note that schedule times may change at the discretion of the camp organizers.

