

## **2019-2020 - FUNCTIONAL TRAINING CAMP**

LOSC Functional Training Camps are provided as part of our commitment to our **CLASSIC SOCCER MEMBERS**. The FTCs differ slightly from regular team training as they allow us to group players by position. So we'll typically split the players up into groups of Defs, Mids, and Fwds. The players are then trained in their positions and will work on the technical and tactical aspects of the functions of that playing position.

THERE IS NO CHARGE FOR THIS CAMP. CAMP IS OPEN TO LOSC BOYS AND GIRLS 09s, 08s, 07s, and 06s.

CAMP WILL RUN TUES, WED, AND THURS FROM 10AM TO 1PM. DATES ARE JULY 16, 17, AND 18.

CAMP WILL BE HELD AT LAKERIDGE JUNIOR HIGH SCHOOL (THIS MAY CHANGE BASED ON THE CONSTRUCTION WORK AT THE SCHOOL BUT WE WILL LET CLUB MEMBERS KNOW AHEAD OF TIME).

### **Functional Training Camp (FTC) - EXPLANATION**

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Here is an example of some of the ideas that might be introduced:

#### **Defenders**

Controlled pressure on the ball

Pressure, cover, and balance

Staying connected as a back four

Pressuring passes as opposed to players - Involves reading the game

Reading the game and the visual cues presented

Getting forward and involved in the attack

#### **Midfielders**

Main area of focus is for midfielders when in possession of the ball

Taking care of the ball

Switching the point of attack - Playing away from pressure

Moving feet every time the ball moves

Texturing the pass - Controlling the weight on the pass

Recognizing the moment when to play the ball - Being aware that the penetrating through ball is likely only on for a split second before the defender reads the situation or the FWD runs into an offside position

### **Forwards**

Ensuring they are moving all of the time

Don't stand still and especially don't stand still with your hands on your hips

Thinking about movement - Movement 1, checking away from the space that you are going to attack, Movement 2, then exploding into that space

Playing in between the lines - Drifting off the line of defenders and occupying the space in between the defenders and mids

If not playing in between lines of defenders and mids drifting in behind defenders and coming from the space behind them

Knowing when to slot finish and when to strike the ball at pace

The aim of the FTC is to give the players attending a little bit of insight into how they can be more effective on the field in their position, making their team better, and giving them the opportunity to impact the game.

### **2019-2020 ADDITIONAL SKILL CLINICS**

For the upcoming season Portland 1 to 1 Training will be providing skill sessions for our players once per month. You can sign up for the free clinics by visiting this link:

<https://portland1to1training.com/losc-clinic-1>

If you would like more information on Portland 1 to 1 Training and the programs they provide please visit:

<https://portland1to1training.com/>