

SFA Training Club – India On Track – LaLiga Football schools

Program highlights:

- Warm-up - 12 min
(Static and dynamic movements of the body with a mix of coordination, strength and conditioning of the body.)
- Static ball drills - 12 min
(Singular skills that will be done individually on both legs. Skills creation and quality management.)
- Dynamic ball drills - 15 min
(This is the next level above static ball drills where the skills that we learnt are put into a movement with respect to an opponent or situation that is game based. It is also a combination of the skills taught.)
- Cool down 12 min
(To relax the body and ensure injury prevention, stretches are done will slow movement and some core exercises.)
- Break down 5 min
(Casual chat between the students and the coaches on the sessions and about football tactics, history etc.)