



FC PORTO international elite training
SUMMER CAMP...

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Daily Program	
9h00	20' without a ball
9h30	DCAPI (development of individual skills)
10h15	FC Porto Challenge
10h30	Morning Snack
11h00	Workshop (nutrition, psychology, video analysis)
11h30	Team training
12h00	FC Porto League
13h30	Shower
14h00	Lunch
15h30	Spanish lesson
16h30	Swimming Pool
17h30	Tight spaces training
18h00	FC Porto Cup
18h30	Final
19h00	Free time
20h30	Dinner
22h00	Sleep

TRAIN LIKE THE BEST, TRAIN LIKE FC PORTO

TEAM TRAINING

Team training sessions focused on developing football players through specific principles of play (FC Porto style). In these training session you will have the chance of connecting with your team and showcase your individual skills within your team.

TIGHT SPACES TRAINING

Small Sided Games designed to enhance football problems and highlight key aspects of the game. Players have to adapt and become creative football problem's solvers. Drills promoting decision making and simulating the challenges that they face in the game within a context of tight spaces.

FC PORTO PLAYER CHALLENGE

Test you technical skills designed to FC Porto first team players and compare your results with theirs.

DCAPI SESSIONS

Training sessions focused on improving individual skills. You will have the chance to work on those details of the game that require an extra attention. These aspects of the game are extremely relevant and will certainly leverage you performance.

20' WITHOUT A BALL

High intensity periods that will focus on developing physical skills such as speed and agility. Regardless the absence of a ball all this drills are linked to the demands of FC Porto style of play.

FC PORTO COMPETITION

Moments of the day dedicated to compete and apply the contents of the training sessions. A tournament that will start on day 1 and will only finish in the last day, with individual rankings updated day-by-day, to stimulate the ambition and the willingness to get better.

