



Further Assessment Program



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CLUB STRUCTURE:



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PROGRAM OBJECTIVES:

- Prepare and Provide the players opportunity to showcase their talents in front of Potential Portuguese Clubs.
- Expand our player recruiting pool through these assessments.
- Provide players with the opportunity to be discovered for the Next Pro season in Portugal.

**Individual Technical
& tactical contents**

**Collective Technical
& tactical contents**

**Motor Capacity
Development**

**Psychologic and
social development**

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PERFORMANCE LEVELS

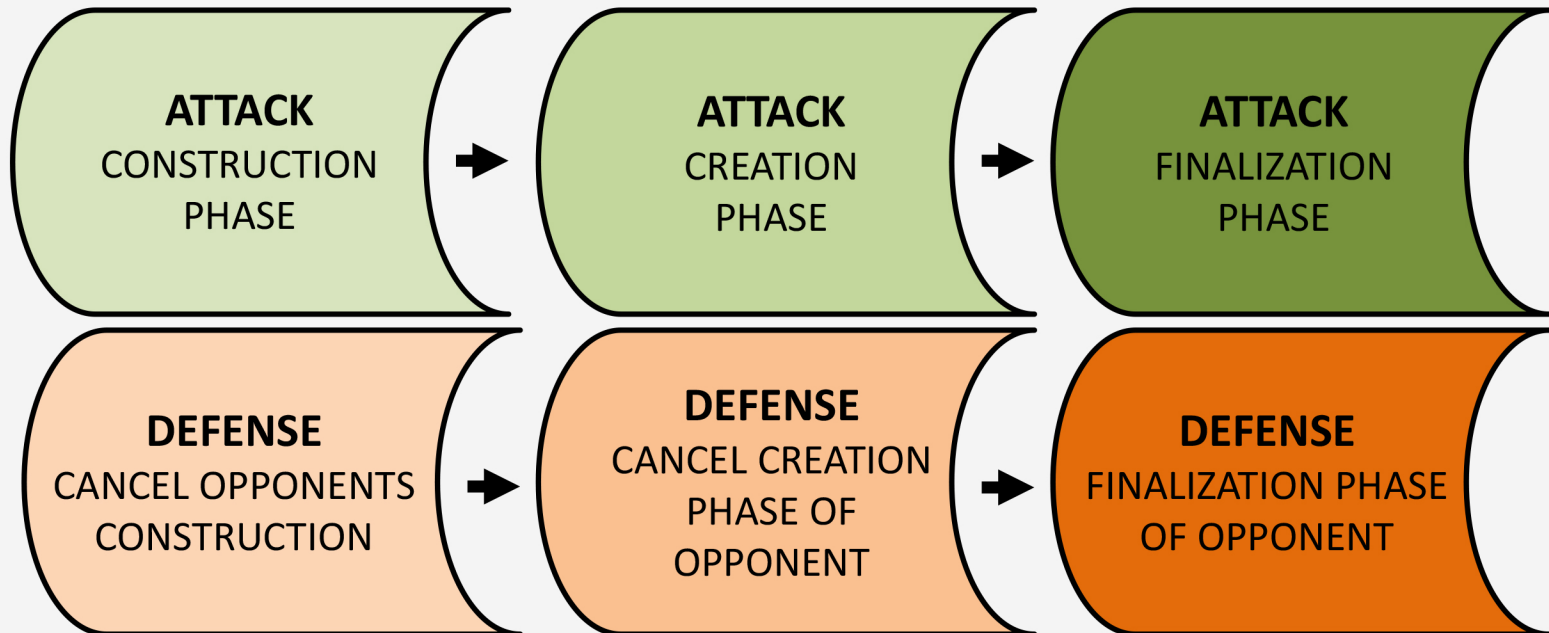
WE WANT PLAYERS WITH HIGH LEVEL OF COMPETITIVENESS AND RESILIENCE, STRENGTH AND MENTAL STAMINA;

WE WANT HIGH LEVELS OF AGGRESSIVITY AND INTENSITY. VELOCITY IS AN ESSENTIAL REQUIREMENT FOR ALL THE POSITIONS.

CONTENTS	BASIC	ELEMENTARY	INTERMEDIATE	SPECIALIZATION
Ball Relation	Ball control pass vs reception Conduction Shoot Defensive position	Ball control pass vs reception Conduction Shoot dribble Defensive position Interception / disarm	Ball control pass vs reception Conduction Shoot dribble Defensive position Interception / disarm	Ball control pass vs reception Conduction Shoot dribble Defensive position Interception / disarm
Offensive Principles	Penetration Offensive coverage	Penetration Offensive coverage	Penetration Offensive coverage Mobility Space	Penetration Offensive coverage Mobility Space
Defensive Principles	Containment	Containment Defensive coverage	Containment Defensive coverage Balance Concentration	Containment Defensive coverage Balance Concentration

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PORTUGUESE METHODOLOGY



TRAINING QUALITY ---> DEVELOP PLAYER POTENTIAL

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SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
M O R N I N G	TRAINING 10:00 STADIUM	TRAINING 10:00 STADIUM	RECOVERY 10:00 GYM	TRAINING 10:00 STADIUM	TRAINING 10:00 STADIUM	RECOVERY 10:00 GYM	OFF
E V E N I N G	TRAINING 15:00 STADIUM	TRIAL 15:00 STADIUM	TRAINING 15:00 STADIUM	TRAINING 15:00 STADIUM	TRIAL 15:00 STADIUM	TRAINING 15:00 STADIUM	SOCCER METHODOLOGY

OBS: PLAN CAN BE CHANGED