

CONQUISTA OS PODERES DO

# DRAGÃO

NO FOOT-CAMP

**New Balance**  
**PARK**



# HOW WILL YOU CONQUER THE DRAGON'S POWER

## PERFORMANCE OPTIMIZATION TRAINING

A high-intensity training session dedicated to elevating the quality of your performance through meticulous attention to every detail.

## COMPETITIVE MOMENTS

Games and tournaments played in a variety of formats to challenge your level of play and develop your competitive mindset.

## THEMED BOOT CAMP

A high-intensity program offering a wide variety of stimuli, fully dedicated to developing your on-field leadership.

## SKILLS TEST

A challenging competition designed to assess your speed, ball control, agility, and shooting.

## VIDEO LECTURE

A group video analysis session to enhance your understanding of the game.





# PRO PROGRAMME GOALKEEPER

## DAY 1

### FIRE

...for technical execution that keeps the team consistently close to goal.

#### CK TRAINING

- Technical** - BALL HANDLING
- Tactical** - POSITIONING
- Physical** - COORDINATION
- Mental** - FOCUS

## DAY 2

### DRAGON'S EYE

...for a broader and more effective understanding of the game.

#### CK TRAINING

- Technical** - FOOTWORK
- Tactical** - BUILD-UP PLAY
- Physical** - BALANCE
- Mental** - CONFIDENCE

#### COMPETITIVE MOMENT

## DAY 3

### ROAR

...for stronger leadership and exemplary team spirit.

#### PRE-COMPETITION ACTIVATION

#### BOOT-CAMP PRE-COMPETITION ACTIVATION

- Small-sided games tournament
- Psychology Session

## DAY 4

### GRIT

...for ever-improving defensive ability.

#### CK TRAINING

- Technical** - DIVING SAVES
- Tactical** - DECISION-MAKING ON INTERVENTIONS
- Physical** - EXPLOSIVENESS
- Mental** - DETERMINATION

#### COMPETITIVE MOMENT

2X1 / 3X2 / 4X3

## DAY 5

### WINGS

...for a more intense and creative performance on the pitch.

#### PRE-MATCH ACTIVATION

#### DEFENSIVE ARENA PART I

- SAVES ARENA
- GOALKEEPERS' CLASH

#### COMPETITIVE MOMENT

#### TEAM TRAINING SESSION

COLLECTIVE PRESSING IN BUILD-UP PLAY

#### MORNING SNACK

#### Small-sided games tournament

FINALS

#### 1X1 CHALLENGE

#### DEFENSIVE ARENA PART II

- SAVES ARENA
- REAL DUEL

#### LUNCH

#### CK TRAINING

- Technical** - COMING OFF THE LINE
- Tactical** - MOBILITY
- Physical** - SPEED
- Mental** - COURAGE

#### 5X5 Tournament

1ST PHASE

#### VIDEO LECTURE

POSITIONAL PLAY

#### PRE-COMPETITION ACTIVATION

#### 7X7 / 9X9 Tournament

1ST PHASE

#### CK TRAINING

- Technical** - AERIAL PLAY AND CROSSING
- Tactical** - ANTICIPATION
- Physical** - JUMPING ABILITY
- Mental** - CONFIDENCE

#### TEAM TRAINING SESSION

COUNTER-ATTACK

#### 6X6 Tournament

1ST PHASE

#### NUTRI CHALLENGE

+SPEED

#### DEFENSIVE ARENA PART III

MAXIMUM HEIGHT

#### 2X2 CHALLENGE

#### 5X5 Tournament

FINALS

#### 7X7 / 9X9 Tournament

FINALS

#### COMPETITIVE MOMENT

#### 6X6 Tournament

FINALS

#### CLOSING

\*The activity schedule may be subject to minor adjustments depending on the specific characteristics of each training group, in order to ensure the highest quality at all times.



# PRO PROGRAMME

## DEFENDERS, MIDFIELDERS AND FORWARDS

### DAY 1

#### FIRE

...for technical execution that keeps the team consistently close to goal.

#### TOP TRAINING

**Technical** - PASSING  
**Tactical** - ANTECIPATION  
**Physical** - AGILITY  
**Mental** - COMMUNICATION

### DAY 2

#### DRAGON'S EYE

...for a broader and more effective view of the game.

#### TOP TRAINING

**Technical** - ORIENTED FIRST TOUCH  
**Tactical** - PHYSICAL DUELS  
**Physical** - STRENGTH  
**Mental** - PLAYING UNDER PRESSURE  
**COMPETITIVE MOMENT**

### DAY 3

#### ROAR

...for stronger leadership and exemplary team spirit.

#### PRE-MATCH ACTIVATION

#### BOOT-CAMP ON-FIELD LEADERSHIP

Small-sided games tournament  
 Psychology Session

### DAY 4

#### GRIT

...for ever-improving defensive ability.

#### TOP TRAINING

**Technical** - TACKLING  
**Tactical** - DEFENSIVE COVER  
**Physical** - INTENSITY  
**Mental** - CONCENTRATION

#### COMPETITIVE MOMENT

2X1 / 3X2 / 4X3

### DAY 5

#### WINGS

...for a more intense and creative performance on the pitch.

#### PRE-MATCH ACTIVATION

#### SKILLS CHALLENGE

Speed  
 Ball dribbling

#### COMPETITIVE MOMENT

#### TEAM TRAINING SESSION

COLLECTIVE PRESSING IN BUILD-UP PLAY

#### MORNING SNACK

Small-sided games tournament  
 FINALS

#### 1X1 CHALLENGE

#### SKILLS CHALLENGE

Change of direction

#### LUNCH

#### TOP TRAINING

**Technical** - SHOOTING  
**Tactical** - GETTING INTO FINISHING ZONES  
**Physical** - ACCELERATION  
**Mental** - CONFIDENCE

#### 5X5 Tournament

1ST PHASE

#### VIDEO LECTURE

POSITIONAL PLAY

#### PRE-COMPETITION ACTIVATION

#### 7X7 / 9X9 Tournament

1ST PHASE

#### TOP TRAINING

**Technical** - AERIAL PLAY AND CROSSING  
**Tactical** - MOBILITY  
**Physical** - JUMPING ABILITY  
**Mental** - LEADERSHIP

#### TEAM TRAINING SESSION

COUNTER-ATTACK

#### 6X6 Tournament

1ST PHASE

#### NUTRI CHALLENGE

+SPEED

#### SKILLS CHALLENGE

Shooting

#### 2X2 CHALLENGE

#### AFTERNOON SNACK

#### 5X5 Tournament

FINALS

#### 7X7 / 9X9 Tournament

FINALS

#### COMPETITIVE MOMENT

#### 6X6 Tournament

FINALS

#### CLOSING

\*The activity schedule may be subject to minor adjustments depending on the specific characteristics of each training group, in order to ensure the highest quality at all times.

# INFORMATION

## DATES

### SUMMER EDITION

WEEK 1 - JUNE 29 TO JULY 3

WEEK 2 - JULY 6 TO JULY 10

WEEK 3 - JULY 13 TO JULY 17

WEEK 4 - JULY 20 TO JULY 24

WEEK 5 - JULY 27 TO JULY 31

WEEK 6 - AUGUST 24 TO AUGUST 28

## LOCATION

**NEW BALANCE PARK**

## SCHEDULE

### FULL DAY

9:00 AM TO 5:30 PM

### MORNING

9:00 AM TO 12:30PM

### AFTERNOON

2:00 PM TO 5:30 PM

## PRICE

### Price per week

#### General Public Price

Full Day: 160€ until June 1st | 170€ after June 1st

Morning only/afternoon only: 90€ until June 1st | 100€ after June 1st

#### Dragon Force student special price

Full Day: 150€ until June 1st | 160€ after June 1st

Morning only /afternoon only: 80€ until June 1st | 90€ after June 1st

### Single day

#### Fixed-price

40€

## EXTRAS

### Official Foot Camp extra T-shirt

10€

### FC Porto Player report by Sports Bion

15€

## RECIPIENTS

### FOOT-CAMP PRO

REGISTERED PLAYERS AGED 6 TO 14 YEARS OLD

### FOOT-CAMP EVOLUTION

ALL CHILDREN AGED 6 TO 14

### LITTLE DRAGONS

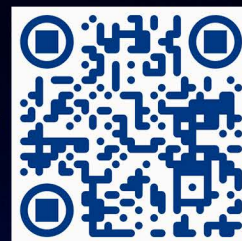
ALL CHILDREN AGED 4 TO 5

## REGISTRATIONS

Online on the Dragon Force Portal

<https://dragonforce.fcporto.pt/>

**Limited Places**



## CONTACTS

### Email

dragonforce@fcporto.pt

### Mobile Phone

(Weekdays from 2:30 PM to 8:30 PM)

962 029 030

## INCLUDES

- Specialized coaching
- Foot-camp T-shirt
- Participation Medal
- Sports insurance

## OBSERVATIONS

### Meals not included.

You can order your lunch pack from Bite My Lunch and receive it ready to eat during the lunch break. Alternatively, you can bring lunch from home or choose to eat outside the facilities

## DISCOUNTS AND PROMOTION

### Non -cumulative discounts

The highest discount always applies

**10%** sibling discount on the standard price list

**10%** discount for registration in 2 or more full weeks (Summer edition)

**10%** FC Porto members discount on the general public price (presentation of a valid membership card with up-to-date fees)



FC Porto  
**DRAGON  
FORCE**

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# HOW WILL YOU CONQUER THE DRAGON'S POWER?

## BALL RELATIONSHIP

Sessions fully dedicated to making the ball an extension of your body.  
Includes training sessions and technical challenges.

## MOTOR SKILLS SESSIONS

Moments with a wide variety of stimuli, designed to turn you into a more agile and faster player.  
Includes coordination circuits, traditional games, relay races, and goalkeeping training experiences.

## GAME UNDERSTANDING TRAINING

Training sessions focused on improving your understanding of the game, helping you position yourself better on the pitch.

## LITTLE DRAGONS CUP

A challenging competition played in various formats, allowing you to apply what you've learned in training.





# PROGRAMME LITTLE DRAGONS

## DAY 1

### FIRE

...for perfect ball control at all times.

#### RELATIONSHIP WITH THE BALL

Ball carrying with changes of direction and pace

#### MOTOR SKILLS CIRCUIT

SPEED UP AND SLOW DOWN

#### TECHNICAL CHALLENGES

BALL TOUCHES

## DAY 2

### DRAGON'S EYE

...so you can play with "your foot on the ball and your eyes on the game."

#### TRADITIONAL GAMES

TAG GAME

#### RELATIONSHIP WITH THE BALL

Dribbling into open space

## DAY 3

### ROAR

...for stronger confidence on the pitch and an exemplary team spirit.

#### MOTOR SKILLS CIRCUIT

JUMPING AND RUNNING WITH CHANGES OF DIRECTION

#### EXPERIENCE

GOALKEEPING TRAINING

## DAY 4

### GRIT

...for increasingly stronger defensive ability.

#### MOTOR SKILLS CIRCUIT

AGILITY

#### RELATIONSHIP WITH THE BALL

weaker foot

#### TECHNICAL CHALLENGES

SLIDING TACKLE USING DIFFERENT PARTS OF THE BODY

### MORNING SNACK

#### 1X1 CHALLENGE

#### 2X2 CHALLENGE

#### TOURNAMENT "GOAL TO GOAL"

#### 3X2 AND 2X1 CHALLENGE

### LUNCH

#### RELATIONSHIP WITH THE BALL

Shooting with different parts of the body

#### COOPERATION TRAINING

PASS AND MOVEMENT OFF THE BALL

#### LITTLE DRAGONS CUP

#### EDUCATIONAL ACTIVITIES

THE DIET OF A CHAMPION

#### COOPERATION TRAINING

PAUSE VS ACCELERATE

#### TECHNICAL CHALLENGES

Ball reception with exit into space

#### EDUCATIONAL ACTIVITIES

PLAY WITH THE CONFIDENCE OF

#### RELATIONSHIP WITH THE BALL

Dribbling linked to pass / shooting / ball carrying

#### RELAY RACES IN DUEL FORMAT

RUNNING TO COVER THE GOAL(S)

#### TEAMWORK TRAINING

DEFENDING AS A TEAM

#### LITTLE DRAGONS CUP

### AFTERNOON SNACK

#### LITTLE DRAGONS CUP

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02:00 PM TO 5:30 PM

### PRICE (SUMMER)

#### Price per week

##### General Public Price

Full Day: 130€ until June 1st | 140€ after June 1st

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Full Day: 120€ until June 1st | 130€ after June 1st

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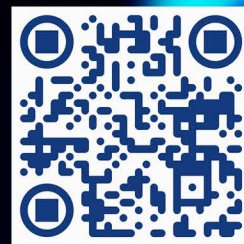
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