



# Sommer Camp 2020

## Trainingsprogramm

3. – 7. August 2020

### Montag

09:00	09:30	Welcome
09:30	10:00	Warm-ups
10:00	10:25	Football Technik Flags
10:25	10:45	Snack Break
10:45	11:15	Football Technik Ball
11:15	12:00	Football Technik Defense
12:00	12:30	Football Technik Ball
12:30	13:15	Mittagspause
13:15	13:45	Football Technik Ball
13:45	14:15	Athletik
14:15	14:25	Pause
14:25	14:55	Spiel
14:55	15:00	Hudl



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### **Dienstag**

09:00	09:15	Welcome
09:15	09:45	Warm-ups
09:45	10:05	Football Technik Flags
10:05	10:30	Football Technik Ball
10:30	10:50	Snack Break
10:50	11:20	Athletik
11:20	11:55	Spiel
11:55	12:30	Football Theorie
12:30	13:15	Mittagspause
13:15	14:00	Football Technik Offense
14:00	14:45	Spiel
14:45	14:55	Kondition
14:55	15:00	Hudl



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### Mittwoch

09:00	09:15	Welcome
09:15	09:45	Warm-ups
09:45	10:25	Football Technik Defense
10:25	10:50	Snack Break
10:50	11:25	Football Technik Offense / Defense
11:25	11:30	Football Technik Defense
11:30	12:30	Spiel
12:30	13:15	Mittagspause
13:15	14:00	Football Technik Defense
14:00	14:10	Pause
14:10	14:55	Spiel
14:55	15:00	Hudl



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**3. – 7. August 2020**

### **Donnerstag**

09:00	09:15	Welcome
09:15	09:45	Warm-ups
09:45	10:10	Football Technik Flags
10:10	10:25	Athletik
10:25	10:55	Snack Break
10:55	11:30	Spiel
11:30	12:30	Vorstellung Tackle Football
12:30	13:15	Mittagspause
13:15	14:00	Athletik
14:00	14:10	Pause
14:10	14:55	Scrimmage
14:55	15:00	Hudl



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3. – 7. August 2020

### Freitag

09:00	09:15	Welcome
09:15	09:45	Warm-ups
09:45	11:00	Combine drills
11:00	11:15	Pause
11:15	12:00	Football Defense / Offense Theorie
12:00	13:00	Mittagspause
13:00	13:30	Vorbereitung Scrimmage
13:30	14:45	Scrimmage
14:45	15:00	Hudl