

## AJAX FOOTBALL TRAINING CAMPS Summer 2018

During an Ajax Camp kids between 6 and 16 years old, are going to train like an Ajax player. You will train at the same training accommodation as the first team of Ajax called 'The Future'.

The youth academy is known as Europe's best. During the camp every aspect of the unique Ajax training method will be part of the program. There are five training sessions a day and at the end of each day there are different finals to see who has the best skills.

During the camp the players will train on 4 types of grounds like Ajax youth academy players do: grass, artificial grass, street and indoor.

All the players have to do 4 physical tests. During these test the personal skills will be measured. The results are presented in a report which will be handed out at the end of the week, so the player knows what to improve. Also the participants will get a tour of the Amsterdam ArenA.

Participants come from all over the world. The communication during the camps will be in English. There is no difference between specific Dutch or international camps.

Program for the training camp:

### Day 1 Sunday

Arrival and meet & greet at Amsterdam Schiphol Airport  
Transfer to hotel

### Day 2 Monday

7.30 Breakfast at hotel  
8.30 Departure to Ajax  
9.00 Ajax training camp

- Ball mastery
- Dribbling
- Change of direction
- Implement change of direction during 1v1 and 2v2
- First touch
- Attacking: overload situation towards the goal
- Small sided games
- Ajax Skills final

16.00 Departure to hotel

### Day 3 Tuesday

7.30 Breakfast at hotel  
8.30 Departure to Ajax  
9.00 Ajax training camp

- Ballmastery

- Feints (defender in the front)
  - First touch
  - Passing and receiving
  - Possession drill
  - Attacking: overload situation towards the goal
  - Small sided games
  - Ajax Skills final
  - Tests: Speed, agility, shooting power
- 16.00 Departure to hotel

#### Day 4 Wednesday

- 7.30 Breakfast at hotel
- 8.30 Departure to Ajax
- 9.00 Ajax training camp
- Ball mastery
  - Feints (defender from diagonal)
  - Transition drill
  - 1v1 focusing on defense
  - Defend during underload
  - Ajax Skills final
- 16.00 Departure to hotel

#### Day 5 Thursday

- 7.30 Breakfast at hotel
- 8.30 Departure to Ajax
- 9.00 Ajax training camp
- Ballmastery
  - Stops & Starts
  - Ajax Skills final
  - Mix tournament with an individual winner
  - Street soccer clinic
- 16.00 Departure to hotel

#### Day 6 Friday

- 7.30 Breakfast at hotel
- 8.30 Departure to Ajax
- 9.00 Ajax training camp
- Ballmastery
  - Passing and receiving
  - Small sided games
  - Ajax Skills final
  - Movement training
  - Closing ceremony and evaluation of the players
- 16.00 Departure to hotel

### Day 7 Saturday

#### **The Great Saturday Fun Tour!**

With all parents & kids, visit Ajax Arena Stadium, make a Canal Cruise, visit Zaanse Schans, Volendam, walk in the oldest parts of Amsterdam or visit the Madame Tussaud museum. Eat mini pancakes (poffertjes) and other typical Dutch food. A great day for the whole family.

### Day 8 Sunday

At Leisure