

"GROW AS A PLAYER"

ROAD SHOW TRAINING CAMP

TTEFA
TECNIFUTBOL
ACADEMY



WHO ARE WE?

WE ARE A GROUP OF COACHES AND EDUCATORS, WITH EXPERIENCE TRAINING PLAYERS, COACHES AND EVENTS. WE ALSO HAVE SPECIALISTS SUCH AS FITNESS TRAINERS, PSYCHOLOGISTS, GOALKEEPING COACHES, PHYSIOS, ETC.

BESIDES, OUR COACHES ARE QUALIFIED IN UEFA PRO AND UEFA A, AND USE THE BEST TRAINING METHOD BY CRUYFF FOOTBALL METHODOLOGY.

OUR STAFF



ALBERT VIÑAS
General Manager



ANTONIO PINILLA
Offence Coach



QUIQUE GARCÍA
Defence Coach



CRUYFF METHODOLOGY



Control possession of the ball, move the ball quickly with a few taps to destabilize the opponent's defensive structures.

POSSESSION

POSITION

Positioning our players well on the field, allowing us to be economical with our effort and well organised to react quickly when we lose the ball to avoid counterattacks and try to get the ball back to the opponent's half.

PRESSURE

Press aggressively to get the ball back as soon as possible when we lose it. The best time to recover the ball is immediately after losing it.

Own methodology inspired by Johan Cruyff which we call Possession Football and which is based on the possession game.





PLATAFORM CRUYFF FOOTBALL METHODOLOGY

The Cruyff Football platform is available to all those coaches who want to learn how to train and play Positional Play inspired by the philosophy of Johan Cruyff, through:

- Detailed exercises,
- Detailed videos,
- 2D tactical animations,
among others...



<https://members.cruyfffootball.com>

ALBERT CAPELLAS



WHAT DOES THE CAMPS INCLUDE?

- The international camps are planned according to and complementing the competition season, the dates and other possibilities.
- **Three or four different places** to choose for the three training days at each location.
- **One** Theoretical class + **Double** Training session with the Cruyff methodology in each location.
- **UEFA PRO** level and **UEFA A** level coaches.
- Complete training kit.



THREE OR FOUR DIFFERENT PLACES TO CHOOSE



The team would be able to choose between three or four different places to do the campus in different days. In each location there will be 3 days of training with theoretical classes



WHAT DOES THE CAMPS CONSIST OF?



The campus will consist in two different formations; The first one would be focused on coaches, the second one on players.
A diploma of Cruyff football methodology will be given since the training will be focus on this method.

TRAINING FOR COACHES

1st Day.

LEVEL 1: Theoretical training by Cruyff Football Methodology.

2on & 3th Day.

PRACTICE 1: One hour before the training, the staff will introduce and explain the following training. After that, the coaches will put into practice what they have previously learned.
At the end, the coaches will be provided with feedback on how it has gone the practice.



TRAINING FOR PLAYERS

1st Day.

A daily theoretical training, "understanding of the game".

2on & 3th Day.

A daily theoretical training, "understanding of the game", **PLUS 2** practical sessions in the field.



ALBERT ARNAU, HEAD COACH

"Honestly, I am very happy with the predisposition and professionalism of the boys this season. All of them are improving at their own pace but they are growing in many aspects and that makes me proud. Rohan is a really good example of this."

He has earned a very good opportunity in a high-level league and, despite the difficulties that the team is encountering because of the pandemic situation, Rohan is discovering new aspects of his football and is progressing day by day. His work ethic and his desire to learn remain intact from the first day he entered the academy and has made him one of the best players in our academy.

We have added the video analysis in the weekends. I think that is a tool that helps him to focus on his role in the game and understand his strengths and aspects to improve for the official games, and ultimately, become a better player. I have no doubt about his growth and his potential to achieve his goals due to his football mentality and virtues."

ARNAU VIÑAS, PHYSICAL COACH

"Rohan always has a good attitude to work and improve. He would have to continue working on strength exercises to obtain muscle mass and strength levels close to professional soccer players. We are working this way to achieve it as he already has a high level of strength for his age. Also, Rohan has the ability to repeat high speed sprints (RSA), which are very important in soccer. He has greatly improved running technique and running efficiency."

VICENÇ RALUY, SPORTS PSYCHOLOGIST

"Well integrated in the group. Very respectful and committed to the different tasks proposed. He strikes a good balance between focus on homework and good humor. At the time of the final reflections after each activity, they make proposals and elaborate thoughts very much in line with the objective sought. He is competitive but with a good capacity to tolerate frustration giving defeats the proper relevance."

During this period of the season we have worked and made progress in controlling pre-competitive anxiety. We have also dedicated time to self-knowledge and mutual knowledge among the boys of the academy to facilitate a better integration and use of various resources. They have done exercises in emotional management, confidence management and self-motivation tasks. He has progressed very favorably in all of them.

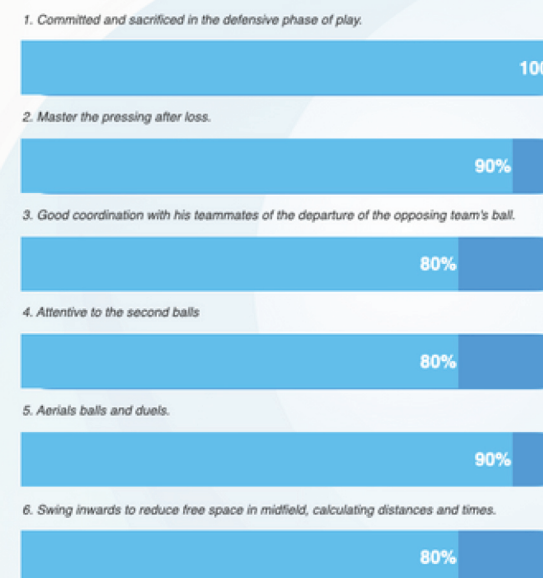
The work carried out by Rohan from his establishment of long, medium and short term objectives is remarkable. There is no doubt that he will get great results considering the way he is accelerating the progress."

Rohan
BATRA



DEFENSIVE ANALYSIS

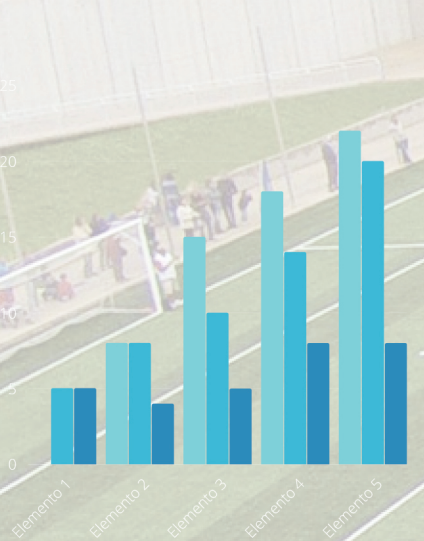
Team without ball



Rohan
BATRA



Rohan show us that he could be a good defender because of his intensity and courage. He's starting to understand more options to defend better and be more productive for the team. He's an ambitious player who works to understand all that he needs to be a nice player. The bests players in the world are very intelligent pressing the opponents and covering more spaces; so Rohan can keep working in that part of the game. We can see it progressing in the club everyday.



TRANSVERSAL ELEMENTS



Rohan
BATRA

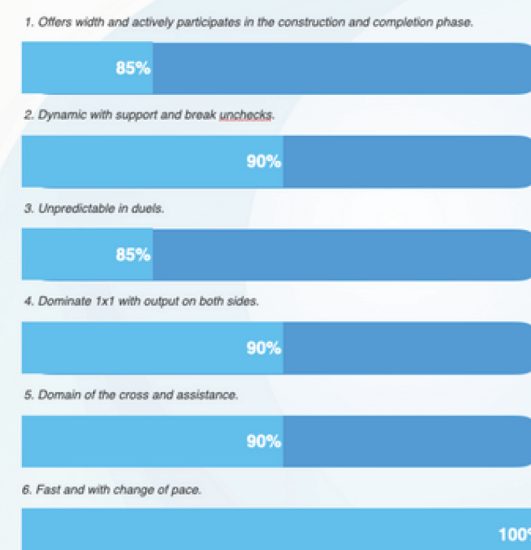


NAME	Rohan
SURNAME	Batra
BIRTHDAY	14/03/2006
NATIONALITY	India
TEAM	FFB Reus

POSITION	Right Winger
ALTERNATIVE	Offensive Midfielder
FOOT	Ambidextrous
YOUTH TEAM	Cadri B
LEAGUE	Preferen

OFFENSIVE ANALYSIS

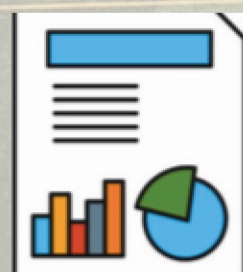
Team with ball



Rohan
BATRA



Rohan is a player who is starting to show his attacking potential in his club because he was playing in a defensive role until the moment. Most of times he understands the game and the priorities of his teammates. He's brave in add more skills to fin new solutions and shooting to score goals. His physical strength gives him many offensive resources to overcome players and be protagonist in the offensive way. In fact, he's a player who can play in many positions because of his versatility. He knows how to interpret where is the free space and how to take advantage of to associate with his teammates or to score goal.



CAMPS REPORT

"GROW AS A PLAYER"



Phone

757.639.4970

Contact Us



Email

TOMMY@CEFASTAR.COM

Vial Salou Cambrils, 43840 Salou
TECNIFUTBOL
