

ATLÉTICO DE MADRID ATHENS CAMP 2024

29 April - 3 May

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ATLÉTICO DE MADRID

ACADEMIA

» Content review

Guidelines	Day 1	Day 2	Day 3	Day 4	Day 5
Orientation	Iniciation to ATM knowhow and methodology of work. Familiarization with the player. ATM fundamental principles practice	Identity signs Offensive Phase	Identity signs Deffensive Phase	Identity signs Transitions	Identity signs Competition / "Match by match"
Technical / tactical content	A1) Body shapes, different types of controls and passes. B1) Deffensive fundamentals C1) Finishing offensive actions	A2) Body shapes, different types of controls and passes. B2) Short/Long, turn around conections, and straightforwardness C2) Types of runnings variations.	A3) Deffensive tecniques concepts. B3) High press and block deffense C3) Box deffense	A4) Pass back (support) + Finding th free space (OF) and press after loosing (DEF) B4) Counterattack (OF) C4) Run back (DEF)	A5) Re-practice of OF/DEF concepts in competitive tasks. B5) Re-practice of OF/DEF concepts in Attack-Deffence exercises. C5) Tournaments.
Generic technical / tactical tools	Pheripheral vision / Scanning Oriented control Short pass – medium – long Drivings Different types of running movements + Body Shape Shooting Challenge + Tackle Cover to teammate + Timming Anticipation/Interceptation	Pheripheral vision / Scanning Oriented control Short pass – medium – long Drivings Different types of running movements + Body Shape Shooting Support run Run to the space Execution speedness	Timming Deffensive body shape Challenge + Tackle Anticipation/Interceptation Push the opponent to zones Cover/Deffensive cover Ball under pressure/no pressure Different routes of press	Run to the space Support run Drivings Different routes of press Change of chip after loosing Low/Medium block deffense	EMOTIONAL Emotional regulation Control of the result Come back after loosing

» Weekly schedule

Time	Day 1 <i>Fundamentals</i>		Day 2 <i>ATM Offensive Phase</i>		Day 3 <i>ATM Deffensive Phase</i>		Day 4 <i>ATM Transitions</i>		Day 5 <i>Competition – “Match by match”</i>
8:15 – 8:30 (30')	Players welcoming. Official presentation.		Players welcoming. Daily rundown		Players welcoming. Daily rundown		Players welcoming. Daily rundown		Players welcoming. Daily rundown
9:00 – 10:30 (1h 30')	Session 1 A1 content		Sesión 1 A2 content		Sesión 1 A3 content		Sesión 1 A4 content		Sesión 1 A5 content
10:30 – 11:00 (30')	Rest 1 Hydration, snack		Rest 1 Hydration, snack		Rest 1 Hydration, snack		Rest 1 Hydration, snack		Rest 1 Hydration, snack
11:00 – 12:30 (30')	Session 2 B1 content Hydration, sandwich		Session 2 B2 content Hydration, sandwich		Session 2 B3 content Hidratación, ingesta mayor		Session 2 B4 content Hydration, sandwich		Session 2 B5 content Hydration, sandwich
12:30 – 14:00 (1h 30')	Lunch and rest time		Lunch and rest time		Lunch and rest time		Lunch and rest time		Lunch and rest time
14:00 – 15:00 (1h)	G1	Video Group 1	G1	Video Group 1	G1	Video Group 1	G1	Video Group 1	Sesión 3 C5 content Competition (14:00 – 15:00)
	G2	Video session – Teamwork Group 2	G2	Video session – Teamwork Group 2	G2	Video session – Teamwork Group 2	G2	Video session – Teamwork Group 2	
15:00 – 16:00 (1h)	Session 3 C1 content		Session 3 C2 content		Session 3 C3 content		Session 3 C4 content		
16:00 – 16:15 (15')	End of the day Groupal feedback time		End of the day Groupal feedback time		End of the day Groupal feedback time		End of the day Groupal feedback time		Closing event of the Campus Presentation of diplomas (15:00 – 16:00)
16:15 – 16:45 (30')	Individual feedback and coach training		Feedback and coach training		Feedback and coach training		Feedback and coach training		-

** In Rest 1 and 2, task 2 Will be explained to the groups related to it.

» Training Camp rules and recommendations



Uniform: Football cleats, long Nike socks, training shirt and training shorts.



Welcome and farewell: Shake hands with members of the coaching staff and other officials on arrival and departure from the activity.



Injury: Players must inform the members of the coaching staff of their injury situation. Afterwards, they shall be accompanied to the medical services and shall inform the coaching staff on departure.



Punctuality at the arrival: Players must arrive almost 10 mins before practice.



Respect everyone: Every player must show a respectful attitude between each others. Good manners and fellowship are compulsory to follow during the ATM training camp. If not, the organization will study case by case and determine what course of action to take.



Respect the equipment: The player must be responsible for the use and care of the sports equipment used during the sports activity.



Climate changes: It is recommended to bring some rain jackets in case of rainy days for the practice. Even though add some dry clothes in your bag in case you need it.



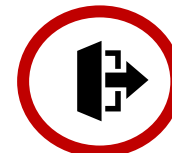
Use and care of their belongings: The player's belongings will always be its responsibility and they must take care of them with the minimum diligence required.



Hygiene and rest: Players must comply with minimum hygiene and personal cleanliness requirements each day. **The rest time** should always be respected for the correct development of the sporting activity.

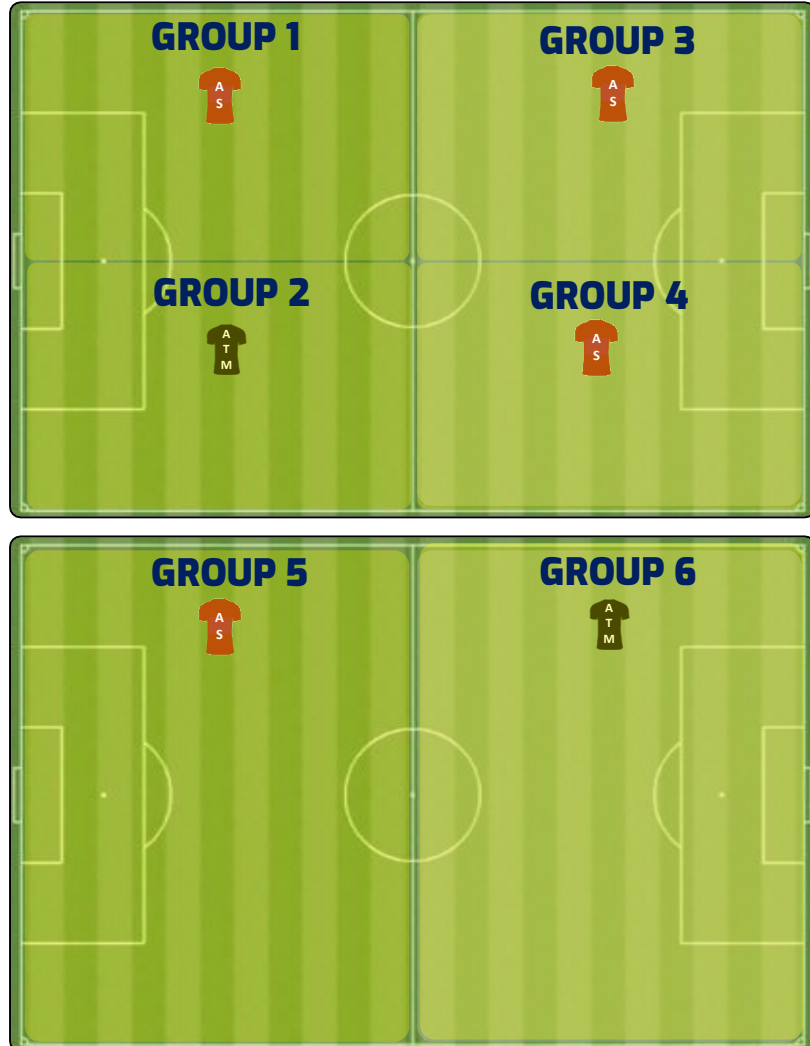


Cleaning rules: The training facilities must be well clean and maintained in the same way as we have seen when the training started.



Leaving the facility: The player must notify the person responsible for their sporting activity of their departure, as well as the means of transport by which they will leave the facility.

» Space distribution



The graphic on the left represents the distribution that will be made in a Campus whose number of players requires the creation of **6 working groups in 2 different fields** *. For the correct organization, it will be taken into account:



Atlético de Madrid coaches



- There will be an ATM coach for each field and every two groups.
- In each session they will change fields to be able to be with all the players every day.
- Each one will be in charge of creating the training sessions and explaining them to the assistant coaches who will be with him/her on the field.
- Throughout each session they will be giving feedback to each of the groups and as a group to the whole field.



Assistant coaches

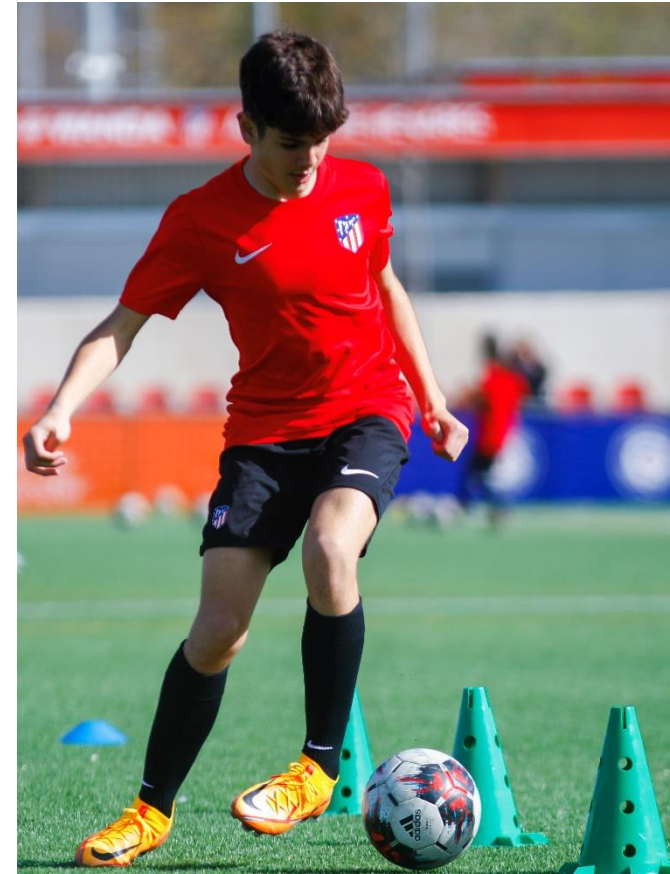


- Each assistant coach will have a designated group to lead and supervise.
- They will be in constant communication with the ATM coach and will be able to give feedback as they deem appropriate and those that have been established in the pre-training meeting.

In the case of having a smaller number of fields or having the need to divide into more work groups, it will be necessary to reorganize the distribution of the fields.

» Sports considerations 1

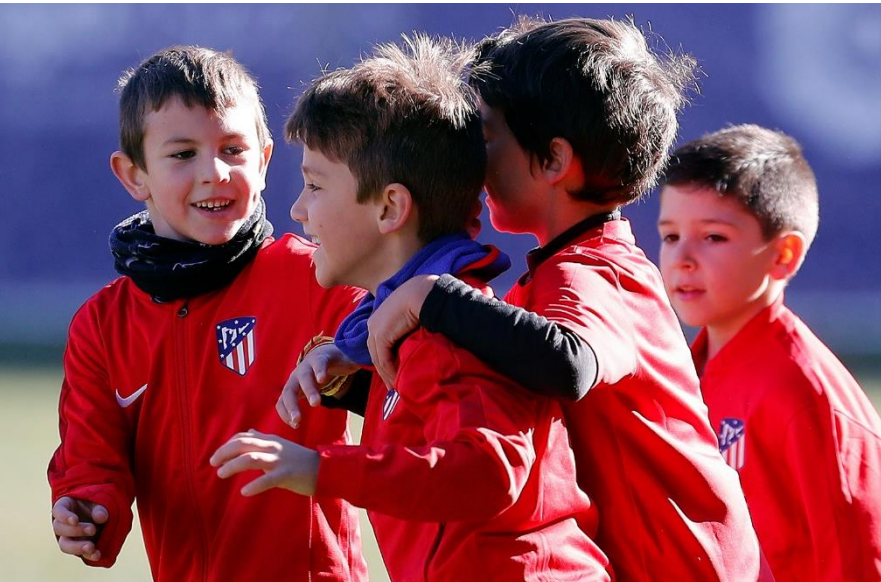
- **The first day of the training camp is the one where the coaches will evaluate all of the players.** After that, if they appreciate to upgrade some players it would be something recomendable (always asking first the player and taking care of the context or circumstances given).
- **The Atlético de Madrid International training camp must be an opportunity to all of the players in that country to join a formative environment for having fun, learn and compete as an Atlético de Madrid player.**
- It is necessary to adapt the drills to the level of the players we have and to the age stage where they are:
 - **From U6 to U10:** The objective is to learn and find football as something incredible. The drills must be enjoyable games and focused on the technique.
 - **From U11 to U14:** Improve and refine the technique skills that will be a tool to apply in the game. It has to be an introduction to some tactics and start being conscious of the role they play on the field. Drills should be guided by the coach and has to let the kid start making decisions.
 - **From U15 to U18:** Compete and learning. The players has to find and show solutions in the game against the rival opposition. Drills have to be demanding and adapted to the game: Showing competition between all of them since the first moment and the drills must be integrated into the game, with opposition and unexpected situations to solve.
- It is really important to try to accumulate as much experiences with the ball as the player can: In this way, we would focus all of the drills in being dynamic, avoiding to have big lines of players waiting to start playing and in young ages, the drills should try to have almost one ball per player.



» Sports Considerations 2

» Atlético de Madrid Methodology – The role of the coach as model

- The coaches has to show **a model behaviour** for the players. We have the responsibility to engage them and love football in the same way as we do.
- **Punctuality is compulsory:** The coaches must arrive almost 1 hour before practice in order to prepare the training camp day and to attend sufficiently the players that arrive earlier.
- It would be recomendable to **organize and distribute all the drills before the practice starts**. So in that way, after every drill the players can pick up the cones used in that one and do not waste so much time between every exercise.

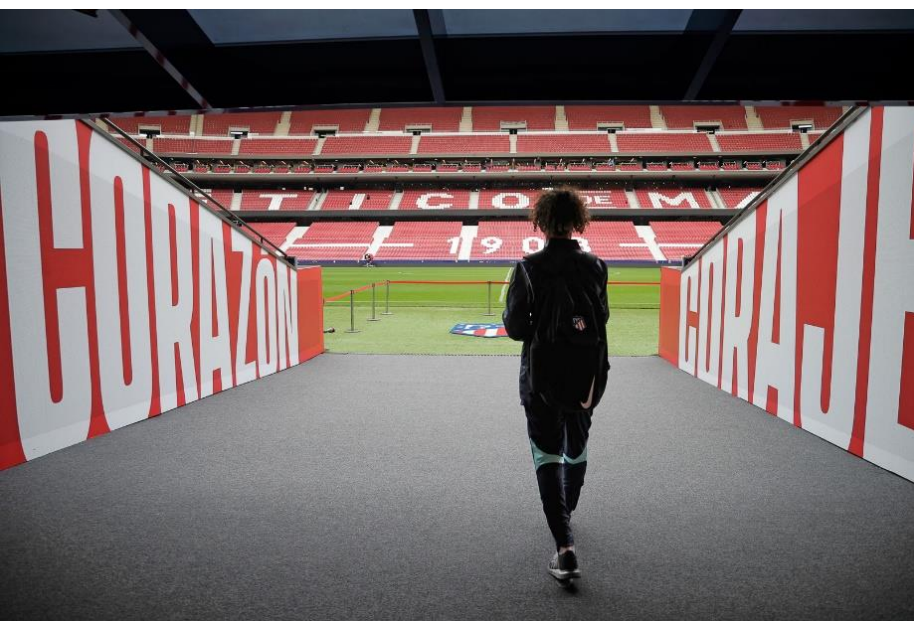


- **Let the players enjoy and learn from their mistakes:** Explain the drills carefully, taking care of the knowledge of the players and the age group. Be short in the explanation and dedicate more time to demonstrate it rather than talking too much. Try to not stop the drill when they are playing and be always ready to give some individual or collective feedback while they are playing. When finishing, get the feedback of the player for what they have learnt and also give them your perspective.
- **Adapt and be flexible:** Not all the players can learn as quick as you think, some times they need more time to comprehend. Make sure that you and the assistan coach are working on those players that need more attention. Organize yourselves giving one of you the collective and the other one, the individual attention and feedback.

» Greeting day

» Meeting between the families and the coaches - Atlético de Madrid International Programs

- At the end of the experience, the families of the participants, would be welcome to attend the Traing Camp ending ceremony when we give to the players the **Atlético de Madrid Achievement Certificate**.
- This would be also an opportunity for learn more about Atlético de Madrid and to have a moment to **interact with our coaches** who will be able to solve any question they would have.



- On this ending ceremony, the Atlético de Madrid staff members would give the opportunity to all the families and the players to learn more about our international and formative programs located in Madrid for people all around the world.
- **If families are interested in our programs, coaches should inform the communication channel in the following email.**



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