

## Final Report of the Camp

# LIMITLESS

## International Sports Camp

Prince of Songkla University (PSU), Phuket, Thailand | 27 June - 08 July 2023



# Football

## 5 players:

- Deblina Patra'
- Miran Singh
- Nirvaan Singh
- Rudra Shakti Madan
- Shaarav Singh Sethi



### Day 1: Wednesday, 28 June 2023

#### Morning training 1h 45 min

Focus on the individual technical skills: dribbling the ball, turning with the ball, using difference surface within situations under pressure.

#### Evening session; indoor as was raining; 1h 40 min

Focus on the individual technical skills as dribbling the ball, changing directions and protection the ball in situations under pressure and game situations till 3x3. The kids received the LaLiga Football schools kit to wear during the evening sessions.

### Day 2: Thursday, 29 June 2023

#### Morning training 1h 45 min

Focus on the individual technical skills: how to kick the ball for passing and shooting, practicing the right positioning of the body and use of leg of balance, with situation to cooperate with teammates and under pressure. Shooting to the goal target net to make it more challenging improving as well the right technique. Set up the LaLiga Values (Respect, Humility, Honesty, Ambition) as key personal development mindset to work during the camp.

#### Evening session 1h 45 min

Mixed with Thai players (20 players) Focus on the tactical individual skills: focus on the right technique of kicking the ball( passing and shooting) under high decision-making situations. Using the right positioning and decision making of the passes and receiving under pressure from rivals as well as defensive individual skills in the role of recovering. Both sessions had penalties and shoots practice with the target goal.

# Football

## **Day 3: Friday, 30 June 2023**

### **Morning training 1h 45 min**

Introduction of coordination work to improve the speed and running technique, using the ladder as a tool. Focus on the individual technical skills: solve 1vs1 situations using the right touches of the ball, body positioning and use of speed and strength. How to solve 1vs1 situation under press to progress in the game. Challenges of dribbling + shooting in the target goal net.

### **Evening session; 1h 40 min**

Focus on the individual technical skills and coordination work. Introduction of solving 2vs1 situation in game situation to improve the decision-making skills, using the technical skills or dribbling, passing and 1vs1 as a part of it. Mediation for cool down and a small questions & reflections about the last 3 days.

## **Day 4: Saturday, 01 July 2023**

### **Morning training; indoor because of rain; 1h 45 min**

Focus on the individual technical skills as dribbling, passing and receiving to help solve situation as 1vs1 or 2vs1 under pressure. Coordination work is part of the routine every morning session.

### **Evening session; indoor because of rain; 1h 45 min**

Focus on the individual technical skills as passing and receiving to solve situations under pressure, 2vs1 situations. Introduction of Rondo( decision making game) to start working the possession and transition game contents. Match 3vs3 situation is every evening session giving the chance to prove the improvements in the drills to implement in the real game situation.



# Football

## **Day 5: Sunday, 02 July 2023**

Day off; No training. Children went out for an outing.

## **Day 6: Monday, 03 July 2023**

### **Morning training; 1h 45 min**

Focus on the individual technical skill as passing, dribbling and receiving to resolve game situation under pressure as 1vs1 and 2vs1. Introduction to 3vs2 situations. Focus on the coordination work.

### **Evening session; 1h 45 min**

Focus on the individual technical skills as passing and receiving to improve the possession game. Working with Rondo to understand the use of space and ball movement to solve situations under pressure. Introduction the wall pass or 1-2 situation. We took individual pictures for the report.



# Football

## Day 7: Tuesday, 04 July 2023

### Morning training; 1h 45 min

Focus on the individual technical skill as passing, dribbling and receiving to resolve game situation under pressure as 1vs1 and 2vs1. Introduction to 3vs2 situations. Focus on the coordination work.

### Evening session; 1h 45 min

Focus on the individual technical skills as passing and receiving to improve the possession game. Working with Rondo to understand the use of space and ball movement to solve situations under pressure. Introduction the wall pass or 1-2 situation. We introduce the 4-diamond shape.

## Day 8: Wednesday, 05 July 2023

### Morning training; 1h 45 min

Focus on the individual technical skill as passing, dribbling and receiving to resolve game situation under pressure.. Introduction to 5 shape system to prepare the match situation. Focus on the coordination work.

### Evening session; 1h 45 min

Match 5vs5 against Phuket team.2 parts of 12 minutes each. One part with mixed teams Penalties. Overall, the performance was very decent, energy and attitude outstanding from the kids. They showed that improvement from the previous days on the ground.



# Football

## Day 9: Thursday, 06 July 2023

### Morning training; 1h 45 min

Picture of the group with Laliga jerseys. Warm up and match experience between camp players. Focus on the shape and defense skills.

### Evening session; 1h 45 min

Focus on the individual technical skills to solve situations under pressure. Tactical work in the defensive diamond shape as well as using the same for building up and progression.

## Day 10: Friday, 07 July 2023

### Morning training; 1h 45 min

Focus on the individual technical skill through challenges individual and as teams.

### Evening session; 1h 45 min

Match and gamely session to reflect all the learning skills during the camp. Reinforce the individual skills and using the space properly during the match.





# Football

**Day 11: Saturday, 08 July 2023**

**Last session of the camp!**

Reinforce the individual technical skills and match situation to close the camp. Overall reflections: the group has improved the individual basic skills at the early stages, they were knowing different shapes to use to play matches and we were introducing to them the possession and progression concepts to help them to understand the game situation better. We practiced shooting and finishing situations to help them to improve his skills under pressure. We had 2 match experience situation to help them to improve his skills in a match environment. The group has shown an excellent attitude and hard work rate during the whole session. They are now more prepare to take more football training in the future.



# Glimpses of football training and matches





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# Glimpses of football training and matches





# Glimpses of football training and matches



# Glimpses of football training and matches





# Basketball

## 3 players:

- Dev Yadav
- Hersh Dugar
- Viraaj Singh Sethi



### Day 1: Wednesday, 28 June 2023

# Students started with the basic understanding of movement patterns of basketball and the coach identified their weaknesses.

# 3X3 mixed group match against coaches.

### Day 2: Thursday, 29 June 2023

# Team building activities

# Movement, Drills, individual coaching on shooting action and finishing part.

# Team training on defense

# Match against Prince of Songkla University students and coaches and won the match by 45:50

Team A (mostly from Pathways): Hersh, Shailendra, Viraaj, Yelly, Jack

Team B (mostly players from the University): Fusefew, Dev, Anny, Adan, Pai, Phuket police member.

### Day 3: Friday, 30 June 2023

# Conditioning

# Positional Play

# Drive-in

# Skill based exercises.

# Feeding and bhandling.



# Basketball

## Day 4: Saturday, 01 July 2023

#Match against Thaihua Asean Wittaya school under 18 category. The University team along with our kids won the match by 60-47.

## Day 5: Sunday, 02 July 2023

Day off; No training. Children went out for an outing.

## Day 6: Monday, 03 July 2023

# Individual coaching for the kids over developing team building.  
# Screen setting# moves# set play  
# Free throws

## Day 7: Tuesday, 04 July 2023

# Second match against Thaihua Asean Wittaya school under 14 category.  
Kids won by 39-22.

## Day 8: Wednesday, 05 July 2023

# Movement patterns  
# Advance movement  
# Reverse movements



# Basketball

## Day 9: Thursday, 06 July 2023

- # Post play
- # Miss match situation
- # Training with advanced equipment
- # Relaxation exercises.

## Day 10: Friday, 07 July 2023

- # Coach client interaction
- # Biomechanical analysis
- # Correctives

## Day 11: Saturday, 08 July 2023 Last session of the camp!

- # Special session with coach Pai.
- # Medium to high intensity activities
- # Game plan
- # Game sense
- # Pick-ups



# Glimpses of basketball training and matches



# Glimpses of basketball training and matches



# Glimpses of basketball training and matches





# Tennis

## 1 player:

- Samarth Rohtagi



**For Samarth, a general lesson plan was followed for all days**

### **Dynamic warm up (5 min)**

- 2 laps around the court
- Side steps back and forth
- Cross steps back and forth
- High knee-launches
- Skip rope
- Cross court and down the line

### **Foot work training (10 min)**

- Begin with quick reaction catching ball with one bounce
- Transition steps for changing direction
- Crossover steps
- Split step
- Medicine ball overhead slam
- Medicine ball parallel throw

### **Rallying (20 min)**

- Begin with an easy warm up on half court
- Moving back to baseline
- Begin ball control by rallying down the line. If 10 ball are hit down the line without missing the ball, switch the side to backhand
- Same with cross court (forehand and backhand side)

# Tennis

**For Samarth, a general lesson plan was followed for all days**

## **Skill development (20 min)**

As per the Coach's analysis, Samarth, is a good development player, however leg movement is at the minimum. To work on getting his feet moving we are doing hand feed drills.

- 1 forehand 1 backhand drill moving side to side
- 1 forehand 1 backhand drill moving in a V shape backwards
- Infinity shape drill with 2 cones
- 4 balls moving towards the net keeping knees low (forehand and backhand side)
- 5 shots drill by hitting 2 ball on the baseline, moving to 2 shots of volley, finishing with an overhead

## **Serve (10 min)**

- Improving toss
  - Leaving to jump inside the court after the serve
  - Split after the serve for ready position
  - Snapping the wrist
  - Hitting the ball on a high point since Samarth's elbow is bend at the impact of the ball
- Working on getting Samarth's jump after serving the ball following by putting his body weight front and follow through the ball. The toss needs to straighten up.

## **Play points (15 min)**

As per moving during the game it's improved.



# Glimpses of tennis training and with coach



# Glimpses of tennis training





# Glimpses of tennis training





# Afternoon activities – Sharing Circle and fun-time

## Day 1: Tuesday, 27 June 2023

- Welcome packs at the airport
- Lanyards
- Getting to know children informally

## Day 2: Thursday, 29 June 2023

Welcome meeting

- Introduce Kindness Board
- Introduce sharing circle
- Make buntings
- Goals – things you want to do during the camp
- Champion Agreements (like not use bad word, listen well, avoid put down of self or others, be willing to try new things, participate fully, share with others, no pushing or hitting, etc.)

## Day 3: Friday, 30 June 2023

- Talking about our Values (used Value cards to understand values)
- Sharing circle – check-in thoughts and feelings
- Kindness Circle



# Afternoon activities – Sharing Circle and fun-time

## Day 4: Saturday, 01 July 2023

- Kindness Circle
- Getting to know each other – a 10 question quiz about each person (participant asked questions about themselves and the 2 teams had to guess the correct answer)

## Day 5: Sunday, 02 July 2023

- Day-out: Big Buddha, Dolphin Show (took a photo with dolphins), Central Phuket, fun time at the Nai Harn beach
- Focus on the good story (in the car)

## Day 6: Monday, 03 July 2023

- Card Game – Move, Create, Imagine (act out)
- Introduced the talent show

## Day 7: Tuesday, 04 July 2023

- Preparing for the talent show (model-making started)
- Getting to know you game – Round-2
- Kindness Circle
- Art activities



# Afternoon activities – Sharing Circle and fun-time

## Day 8: Wednesday, 05 July 2023

- Talent Show.

The show was a great hit. We were amazed with their ideas, skills and talent. Truly remarkable! This is what they performed:

1. Model of a beautiful sustainable building, made and presented by Miran, Rudra, Nirvaan and Shaarav
2. A beautiful dreamy music composition by Hersh and Dev. They composed this and played the same on their laptop for us.
3. An extraordinary sketch of a dragon made by Samarth
4. A heartwarming poem called "Midnight" written and narrated by Deblina
5. Pin Ball - game created and curated by Viraaj which everyone had fun playing
6. A unique game created and curated by Shaarav
7. An awesome rap song sung by Nirvaan



# Afternoon activities – Sharing Circle and fun-time

## Day 9: Thursday, 06 July 2023

- Sports Quiz. Kids prepared 2 questions each (fact-based), then they were divided in 2 teams and we picked questions of Team A for the Team B to answer, and vice versa.

## Day 10: Friday, 07 July 2023

- Sharing good things about each other
- Reflections
- Composed and sang the following Limitless Sports Camp Song:

At Limitless Sports Camp, we never quit,  
We push our boundaries, bit by bit (2x)

Limitless Sports Camp, we are all champs. (2x)  
Playing in the sun, we are having fun. (2x)  
We are having a great time, it's going so fast. (2x)  
Limitless Sports Camp, oh what a blast! (2x)

## Day 11: Saturday, 08 July 2023

**Last day of the camp!**

1. Group photos, personalized appreciation star notes for each child, certificates
- Afternoon-out: Foot massage and Old Phuket Town
  - Leave for the airport (reflections on the way)





# Glimpses of our Sunday day-out!



# Glimpses of our Sunday day-out!





# Glimpses of activity time!



# Glimpses of our Sunday day-out!





# Airport Photo: Warm welcome by colleagues from PSU!



# Finale Photo!



# Thank you!

**We created memories that  
will last us a life-time!**

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