



# MONTHLY CAMP

**SEASON  
2025-26**



# TECHNICAL TEAM

**Professional Certified Licensed Coaches:** International & Indian Coaches  
( Technical Director | Head Coaches| Assistant Coaches | Goalkeeping Coach  
| Physio's | Team Manager | Sporting Director )



**Darshana Sana**  
( **Girls team head coach** )



**Hayden Jose**  
( **Technical head of Academy  
and First team Head coach** )



**Sayyid Muhammed Habil**  
( **U21 Head Coach** )

**The coaching program will be handled and guided by top renowned coaches in the football ecosystem.**



# CAMP DETAILS

## SUMMER RESIDENTIAL PROGRAM

### DURATION

*( April and May 2025 )*



*Rebels Football Club & Academy - Devanahalli.  
( India, Bangalore )*



# PROGRAM FEATURES

**On ground Training** - One on-ground training ball session per day either ( Morning session | Evening session ) &



**STRENGTH  
AND CONDITIONING**



**AQUA  
CONDITIONING**



**YOGA AND  
MEDITATION SESSION**



**PHYSIOTHERAPY  
SESSIONS**



**NUTRITION SESSION**



**REGULAR MATCHES**



**VIDEO ANALYSIS  
SESSION**



**PLAYER COUNSELLING  
SESSION**



**HIGH ALTITUDE  
TRAINING SESSIONS**



# FOOD AND ACCOMMODATION FACILITY PROVIDED



## ***Meal Type***

*Veg | Non Veg ( Non Veg  
Provided twice during the week )*



## ***Accommodation Type***

*Triple occupancy*



## ***Meals Provided***

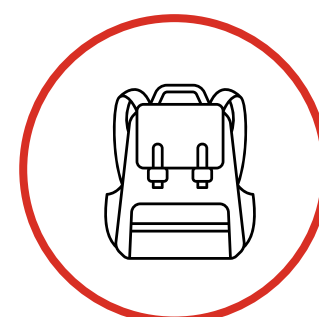
*Breakfast | Lunch | Snack | Dinner*

# KITS PROVISION

## THE STUDENT WILL RECEIVE THE FOLLOWING



**2**  
**Training Jersey**



**1 Bag & 1 Cap**



*Upon completion of the camp term, the student will receive a detailed player assessment report from the technical unit covering all game parameters. We will also share photographs and videos of training sessions and matches. Additionally, the student will receive a certificate of participation*



# HOSTEL FACILITIES

*Complete Security with the provision of security guard*



CCTV



WIFI



RECREATION  
AREA



STUDY ROOM



PHYSIOTHERAPY  
ROOM





# ASSESSMENT REPORT



REBELS FC  
FOOTBALL ACADEMY

## PLAYER REPORT



UNKNOWN  
BANGALORE

22/02/2007

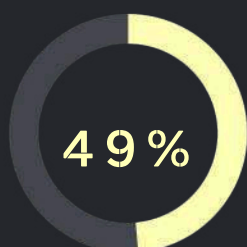
HEIGHT:

WEIGHT:

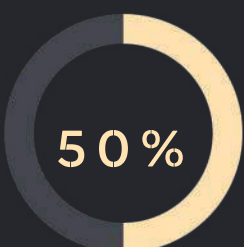
 RIGHT FOOTED



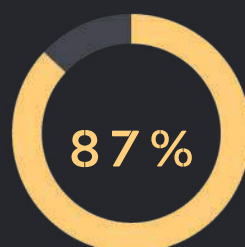
## PHYSICAL ASSESSMENT



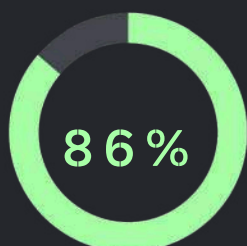
FLEXIBILITY  
LOWER BACK & HAMSTRING



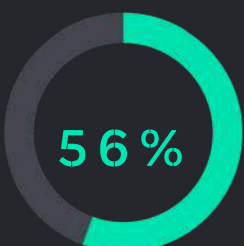
STABILITY  
GLOBAL CORE MUSCLE



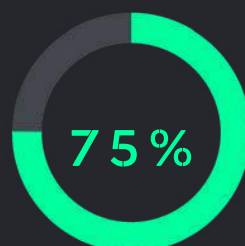
STRENGTH  
LOWER LIMB MUSCLE



SPEED  
SPRINT ABILITY



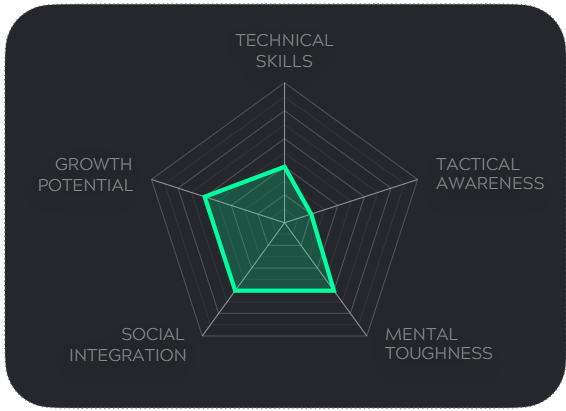
AGILITY  
MULTIDIRECTIONAL SPEED



EXPLOSIVE STRENGTH  
LOWER LIMB POWER

## TECHNICAL EVALUATION

Athlete with potential for growth. While he may require some training to acclimate to the academy's competitive atmosphere, his evident commitment and enthusiasm for improvement shine through. With the right support, he has the capability to make a valuable contribution to the academy team.



MR. PREETHAM CHANDRA  
Chief Executive Officer



HAYDEN JOSE  
Technical head of Academy and  
First team Head coach









# **EXTRA CURRICULAR ACTIVITIES**

**TEAM BONDING ACTIVITIES & FOOTBALL MATCH SCREENINGS**

## **WHAT DOES THEORY INCLUDE?**

**VALUES AND ACADEMY CODE OF CONDUCT, MATCH ANALYSIS,  
TACTICAL THEORY, FOOTBALL DOCUMENTARIES, PSYCHOLOGICAL  
PREPARATION, FOOTBALL QUIZ**



# RFC

# SUMMER MONTHLY

# SCHEDULE 2025

<div>WEEK 1</div> <div>ATTACKING TECHNICAL ASSESSMENT</div> <div>01</div>	<div>TEAM ATTACKING 2V2</div> <div>02</div>	<div>TEAM ATTACKING FROM WIDE AREA</div> <div>YO YO TEST</div> <div>03</div>	<div>INDIVIDUAL TRAINING POSITION SPECIFIC</div> <div>04</div>	<div>TACTICAL BUILD UP PLAY</div> <div>05</div>	<div>MATCHDAY</div> <div>06</div>	<div>OFF</div> <div>07</div>
<div>WEEK 2</div> <div>TRANSITION &amp; DEFENDING</div> <div>08</div>	<div>1V1 DEFENDING</div> <div>09</div>	<div>3V3 DEFENDING PRESSURE, COVER BALANCE</div> <div>10</div>	<div>TEAM DEFENDING AS A UNIT</div> <div>11</div>	<div>TACTICAL TRANSITION INTO PM</div> <div>12</div>	<div>MATCHDAY</div> <div>13</div>	<div>OFF</div> <div>14</div>
<div>WEEK 3</div> <div>TACTICAL SITUATIONAL</div> <div>15</div>	<div>FINISHING PRESSING IN HIGH BLOCK</div> <div>16</div>	<div>PRESSING AS A UNIT</div> <div>17</div>	<div>DEFENDING IN MIDBLOCK</div> <div>18</div>	<div>TACTICAL STRUCTURE AND MOVING AS A BLOCK</div> <div>19</div>	<div>MATCHDAY</div> <div>20</div>	<div>OFF</div> <div>21</div>
<div>WEEK 4</div> <div>SET PIECES</div> <div>22</div>	<div>DEFENDING CORNERS</div> <div>23</div>	<div>INDIVIDUAL AERIAL DEFENDING</div> <div>24</div>	<div>TECHNICAL</div> <div>25</div>	<div>TACTICAL</div> <div>26</div>	<div>MATCHDAY</div> <div>27</div>	<div>OFF</div> <div>28</div>
<div>WEEK 5</div>						



# DAILY SCHEDULE

<b>7:00 AM</b>	<b>WAKE UP</b>
<b>7:30 AM</b>	<b>PRE TRAINING WEIGH-IN</b>
<b>7:40 AM</b>	<b>ACTIVATION</b>
<b>8:00 AM</b>	<b>TRAINING SESSION</b>
<b>9:30 AM</b>	<b>END OF THE TRAINING</b>
<b>9:45 AM</b>	<b>BREAKFAST</b>
<b>11:30 AM</b>	<b>THEORY</b>
<b>1:00 PM</b>	<b>LUNCH</b>
<b>3:30 PM</b>	<b>PRE TRAINING WEIGH-IN</b>
<b>3:45 PM</b>	<b>ACTIVATION</b>
<b>4:00 PM</b>	<b>INDIVIDUAL TRAINING</b>
<b>5:00 PM</b>	<b>TEAM MEETING</b>
<b>7:00 PM</b>	<b>THEORY- TACTICAL</b>
<b>8:00 PM</b>	<b>DINNER</b>
<b>9:30 PM</b>	<b>LIGHT OFF</b>



# CONTACT FOR MORE INFORMATION

## RESIDENTIAL ACADEMY:

*SY No: 184/2 | Channarayapatna Hobli | Hyadalu Village | Devanahalli  
Taluk| Bangalore 562 135*

## UAE OFFICE:

*Wasl District | 89 Al Maktoum Hospital Rd | Naif | Dubai via Al Mina St/D92.*

## REGISTERED OFFICE:

*53 | 3rd Stage | 4th Blk | SVGNNS Layout | Basaveshwaranagar | Bengaluru 560 079*

***Rajarajeshwari nagar Branch*** - 30, Dr Arunachalam Rd, Stage 4, Rajarajeshwari  
Nagar, Bengaluru, Karnataka 560098

## CONTACT:

*+91 70103 47261 / +91 86602 46554*

*We welcome you to the RFC Football academy, a city of technology, culture, sports, fitness,  
where young athletes discover their passion for football and fuel their game with talent, skill  
and purpose.*

