



# TTS NATIONAL SQUAD TRAINING CAMPS

## Why important?

Our National Training Camps have many benefits, which can support many areas of our players development, which include: **Tactical, Technical, Physiological, Psychological and Social factors.**

But do not take are word for it, here's what the players had to say.



*“Having lots of different coaches there to help focus on individual things to work on. Having multiple days in a row also made travelling easier and also gave us more training time and also time to socialise with people we don't usually get to”*

*“It was my first ever time at Largs and I loved all of it”*

*“Having multi ball set up and the coach to player ratio was good. Also having different coaches take sessions as it was good to listen to a different voice”*

*“Residential element for team bonding. Variety of coaches/sparring partners kept it interesting”*

*“The training was really fun and useful. It was also really good to get multiple coaches points of view, and ideas. Also, I quite enjoyed the zoom chats, as they were useful and gave me some ideas even if I couldn't get onto a table”*

*“I enjoyed the setup with the long session in the afternoon then we were able to relax a lot in our rooms and with other people”*

*“Great venue and accommodation. Good structure to day. Great positive atmosphere throughout”*

*“From a parental perspective, the longer sessions and overnight stay appeared more productive than the day training of before. I also think the social aspect is very good for the younger ones. I think the variety of coaches was good”*

## What to do?

Here are some tips to help you be selected for future camps:

- Work hard in your clubs
- Always look for ways to improve – Physical, Technical, Tactical, Psychological and Lifestyle
- Train regularly on and off the table
- Listen to your coaches
- Climb the Scottish rankings
- Compete in Scottish ranking tournament
- Have an open mind
- **ATTITUDE IS EVERYTHING!**