



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!**