
CHRISTMAS
FOOTBALL
CLINIC
2026
21–23 DECEMBER 2026
AGES 12–15
SPORTING CLUBE LINDA-A-VELHA
JOÃO RANGEL
BRUNO LEITE | MENTAL COACH
Unlock Your Game



Contents

The Clinic

Daily programme 3

We listened to the players 4

Why focus on ages 12–15? 5

Two disciplines. One shared goal. 6

Skills we will develop 7

Coaching team

João Rangel 8–9

Bruno Leite 10–11

Competition and registration

Clinic League 12

Personalised FIFA Card 13

Practical information and registration 14

Contact details 15

JOÃO RANGEL

BRUNO LEITE | MENTAL COACH
Unlock Your Game

CHRISTMAS FOOTBALL CLINIC 2026

Daily programme

Each morning · 21, 22 and 23 December · 08:30–13:00

08h30–09h00		**Player arrival** Welcome and preparation for the morning.
09h00–10h00		**Mental training with Bruno Leite** A session on mental preparation as part of player development.
10h00–10h30		**Morning snack** Time to recover and prepare for the second half of the morning.
10h30–12h15		**On-pitch training with João Rangel** Motor skills and physical qualities, isolated technical practice, conditioned games and small-sided play.
12h15–12h30		**Transition break** A short break to prepare for the final competitive session.
12h30–13h00		**Clinic League** 7v7 or 8v8 games, with a maximum of eight players per side, to determine the league champion.

21–23 DECEMBER | AGES 12–15 |

SPORTING CLUBE LINDA-A-VELHA

THE CONCEPT

We listened to the players

Four situations your child may recognise on the pitch.

Shielding the ball

When I receive with my back to goal, I lose it straight away. How can I hold it up until a pass is on?

Getting the long pass right

I spot my teammate free on the far side, but my pass falls short.

Taking on a defender in a 1v1

In training I can beat the defender. In a match I'm afraid to try in case I lose the ball.

Asking for the ball again

After making a mistake, I lose confidence and shy away from getting involved in the game.

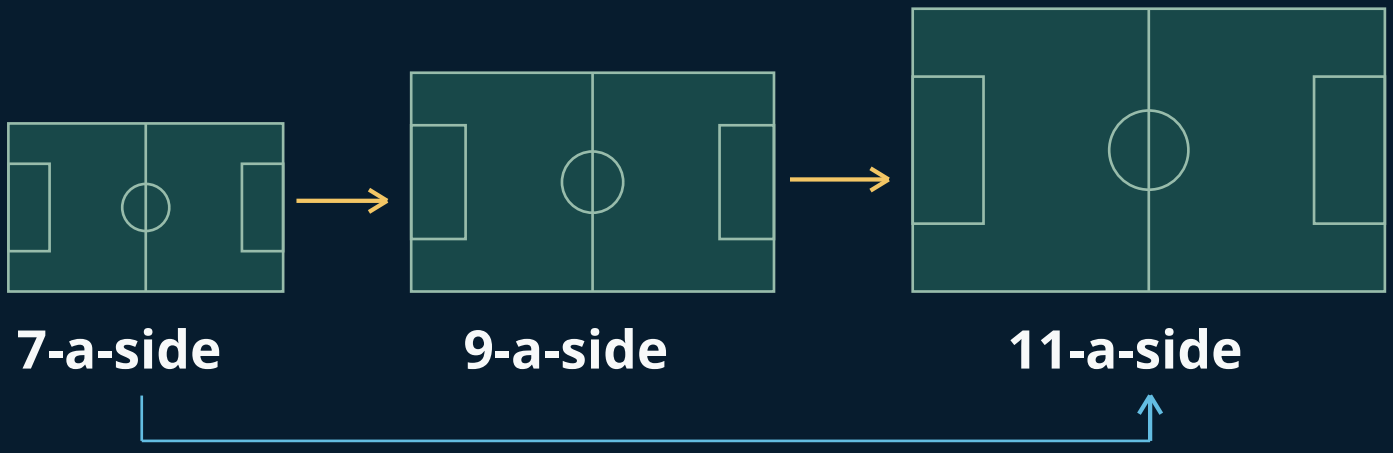
These are the moments we created the Clinic for.

With João Rangel, players develop their technical skills and learn to apply them in different match situations. With Bruno Leite, they build the confidence to take risks and the focus to get back into the game after a mistake.

In the Clinic League, they put both into practice.

Why focus on ages 12–15?

The pitch gets bigger. There is more space to cover, more players to keep track of and tougher decisions to make.



Some players move straight from 7-a-side to 11-a-side.

13.5
YEARS

In a study of 738 young Swedish footballers, the risk of dropping out rose above this age. Motivation and support for player autonomy also mattered.

Back et al. (2022) · doi.org/10.3390/ijerph192416585

Changes in game format and the higher risk of dropping out observed above age 13.5 make this a stage that deserves particular attention. Supporting young players through it is essential to help them stay in football.

INTEGRATED MODEL

Two disciplines. One shared goal.

Bruno Leite

MENTAL TRAINING

Through coaching and mental training, players work on how they read a passage of play and respond to mistakes and pressure.

João Rangel

ON-PITCH TRAINING

Physical preparation and coordination work accompany technical and tactical training. Players progress from repeated technical practice to practices with opposition.

Decision-making and execution in match play

Skills we will develop

Individual attacking skills

- Short and long passing, on the ground and in the air
- Directional first touch and receiving aerial balls
- Carrying and shielding the ball
- Dribbling, feinting and disguising intentions
- Shooting and heading
- Supporting runs and runs in behind

Individual defending skills

- Delaying the attacker
- Tackling and intercepting

Small-group play

- Support, runs in behind, one-twos and combinations in twos or threes
- Defensive cover, filling in for a teammate, marking and protecting teammates

Reading the game and making decisions

- Scanning
- Reading the flight of the ball
- Awareness of space and opponents
- Anticipation and decision-making
- Timing of interventions

Coaching and mental training in football

Visualising match situations.
Mentally rehearse passages of play, decisions and different competitive scenarios.

Setting goals and personal strategies.
Identify what to improve and build routines and cue words to guide action on the pitch.

Self-regulation under pressure and after mistakes.
Manage tension, refocus after an error and re-engage with the next passage of play.

Responding to adversity.
Stay proactive and adapt when the game gets difficult.

Visual cognitive training.
Work on attention, visual processing speed and decision-making.

Brain coordination training.
Combine attention and rhythm with coordinated movements on both sides of the body.

Hand-Eye Coordination & Visual Tracking.
Focus on what matters, track what changes around you and quickly turn what you see into a coordinated response in play.

Neurofeedback arena.
Players control the action on screen through their brain activity and see the response in real time as they adjust their focus, attention and composure.

João Rangel

UEFA B football coach ·
Individual player development



From youth to senior football

João has coached footballers since 2015, working across youth age groups and in senior football. Since 2023, he has focused exclusively on individual training.

The players he works with

He works with professional footballers, players in national competitions and male and female national-team players, including Portuguese and Cape Verdean internationals.

How he works on the pitch

Each player's needs are his starting point. He works on the biomechanics of movement for greater precision and efficiency, and uses practices with opposition to connect execution with reading the game. Drawing on Anders Ericsson's principles of deliberate practice, he uses purposeful repetition and targeted feedback to help players understand a skill consciously (declarative knowledge) and progressively refine its execution until it becomes more efficient and automatic (procedural knowledge).

João Rangel

Academic and
professional qualifications



Master's degree in Football

Master's in Football — from Youth Development to High Performance, Universidade Lusófona. Final average of 17 out of 20.

UEFA B

Level II Football Coach (Portuguese qualification).

Trainer certification

Certified trainer with a Certificate of Pedagogical Competence (CCP).

Experience in football programmes

Extensive experience organising football holiday camps, clinics and off-season programmes, and working with their coaching teams.

11 years of coaching experience.

Over 3 years supporting players through individual and small-group training.

Bruno Leite

Mental Coach · Sports coaching and Mind Training



From the Campeonato de Portugal to the Primeira Liga

He was part of Estrela da Amadora's coaching staff as Mental Coach throughout the club's rise from the Campeonato de Portugal to the Primeira Liga. They reached the Campeonato de Portugal final. The club won two promotions (to the second and first divisions) and twice retained its place (in its first season in the second division and in the top flight).

Domestic and international players from eight countries

Since 2024/25, Bruno Leite has focused exclusively on individual mental training for footballers from eight countries, including youth and senior internationals.

Goalkeepers who have benefited from his coaching and mental training include **Gonçalo Tabuaço** (CS Marítimo), **David Grilo** (Estrela da Amadora) and **Paulo Cassoco** (Real SC and Cape Verde Under-23s).

Others include **Miguel Rosa**, twice voted the Portuguese Segunda Liga's best player (formerly of SL Benfica, CF Belenenses and CF Estrela da Amadora), retired Portugal international **Miguel Lopes**, who played for Betis, Lyon, Sporting and FC Porto, and former Benfica player **Rodrigo Pinho**.

Players with international careers include **Ronaldo Tavares**, now at Athletic Club (Brazilian Série B), **André Luiz** at Sporting Kansas City (MLS), **Hevertton Santos** at Levski Sofia (Europa League), **Diogo Pinto** (Dinamo Bucareste) and Torino's **Mattia Pellini**, on loan at Südtirol in Serie B.

Camilo Durán's career took him from the Azorean district league to the UEFA Champions League with Qarabag. He now represents Celtic FC and Colombia's senior national team.

In futsal, Bruno worked with **João Matos**, former Sporting and Portugal captain and the sport's most decorated player (44 titles). He holds the records for Portugal caps (213) and UEFA Futsal Champions League appearances (98).

His approach to coaching and mental training

Through coaching and mental training, he helps players recognise how they interpret a situation, organise their thoughts and respond to pressure. His work addresses the psychological factors that shape behaviour in training and competition.

Bruno Leite

Education, qualifications and teaching experience



Academic qualifications

Degree in Communication Sciences. MBA in Management of Sports Public Limited Companies (SADs). Postgraduate studies in Neuroscience and Mental Training in Sport (in progress).

Certifications

High Performance Coaching

Sports Coaching and Mental Training — Levels I and II

High Performance Sports Psychology

Neuro-Linguistic Programming (NLP)

Teaching and training experience

Trainer at CEFAD in coaching, communication and exercise psychology.

CLINIC LEAGUE

THREE DAYS. ONE CHAMPION.

Competition as an extension of learning.

In the last 30 minutes of each morning, players take part in the Christmas Football Clinic 2026 League, in 7v7 or 8v8 matches, with no more than eight players per side. Over three days, each player builds an individual points total from their team's results and their own contributions during matches.

SCORING SYSTEM

+3	+1	0	+1	+1
Team win	Team draw	Team defeat	Each goal scored	Each assist

HOW IS THE CHAMPION DECIDED?

The player with the most points at the end of the Clinic League is named 2026 Clinic League Champion.

If points are level, the younger player wins.

CHAMPION'S PRIZE

An adidas League football



The team result counts. So does each player's contribution.

CHRISTMAS FOOTBALL CLINIC 2026

Every participant receives their own

personalised FIFA Card

At the end of the **Christmas Football Clinic 2026**, each player receives a **personalised participation card** featuring their photograph and key player details. It is a **unique memento of the experience** and their **official certificate of participation** in the event.



DETAILS ON THE CARD

- Player photograph
- Date of birth
- Playing position
- Club
- Preferred foot

- An exclusive Clinic keepsake
- Official certificate of participation
- A card inspired by professional football player cards

CHRISTMAS FOOTBALL CLINIC 2026

Practical information and registration

Everything you need to know about taking part in the Christmas Football Clinic 2026.

Practical information

- **Dates:** 21, 22 and 23 December 2026
- **Time:** 08:30–13:00
- **Ages:** 12–15
- **Venue:** Sporting Clube Linda-a-Velha
- **Price: Early Bird €150 · after 15 December €200**

Included in registration

- Mental training sessions
- On-pitch training sessions
- Clinic League
- Morning snack
- Personalised FIFA Card certificate
- Event sports insurance
- Event photographs shared afterwards via Google Drive

Online registration

Visit the website to register

Places are very limited so every player gets our full attention.

JOÃO RANGEL | BRUNO LEITE MENTAL COACH — Unlock Your Game



ARE YOU REALLY GOING TO LET THIS OPPORTUNITY PASS YOU BY?

This Christmas, give your child more than a present.

Give them an opportunity to develop skills that go far beyond football and can make a difference in their sporting journey.

Just 16 places. Because quality requires individual attention.

SECURE MY CHILD'S PLACE

Early Bird · €150 until 15 December

Contact João Rangel

+351 912 391 386

joaorangeltreinador@gmail.com