



# FOOTBALL ACADEMY

LVS Ascot

9-17 years

**The Ardmore Football Academy, has been carefully planned to ensure the correct balance of intense training, education and recreation. Football coaching and briefing sessions will be conducted by qualified football coaches.**

The coaching sessions are interspersed with practice matches, technical tests and daily briefings to complete an all round fully interactive course. The programme will include:

- Individual techniques
- Goal keeping
- Dribbling and dummies
- Technical circuits
- Free kicks and corners
- Fair play



## Who can take part

Students from all over the world return each year to improve their English as well as their football skills. Individuals as well as organised groups are welcome.

For those coaches from overseas who bring a team of young players with them, there is the opportunity to observe coaching techniques and exchange ideas with the AFA qualified coaches (all FA charter standard coaches).

## Included

- 15 hours of English per week
- 12 Hours per week of football tuition by qualified Football Association Coaches
- 1 Half Day Excursion (per week)
- 1 Full Day Excursion (per week)
- Football Kit Including Ardmore Football top
- Visit to a Football stadium

## Selling points

- The programme is run by qualified football coaches
- The programme includes a balance of coaching sessions and practice matches
- Students will learn English while practising their favourite sport, learning key football phrases, terminology and useful tips for the game

## Football Academy Sample Programme (2 weeks)\*

	Morning	Afternoon	Evening
Sunday	Welcome to Ardmore		
Monday	Lessons	Football Academy	Welcome Icebreaker Games
Tuesday	Lessons	Football Academy	Quiz Night
Wednesday	Lessons	One Half Day Excursion	Talent Show
Thursday	Lessons	Football Academy	Casino Night
Friday	Lessons	Football Academy	Disco
Saturday	One Full Day Excursion		Sports Tournament
Sunday	Visit to Football stadium		Movie Night
Monday	Football Academy	Lessons	Capture the Flag
Tuesday	Football Academy	Lessons	Find Dr Ardmore
Wednesday	One Half Day Excursion	Lessons	Karaoke
Thursday	Football Academy	Lessons	Rounders
Friday	Football Academy	Lessons	Disco
Saturday	One Full Day Excursion		Mini Olympics
Sunday	Goodbye Ardmore		

**English Lessons:** 15 hours per week (3 hours per day, 5 days per week); maybe morning or afternoon. **Football Academy:** 12 hours per week (3 hours per day 4 days per week); maybe morning or afternoon. **Excursions:** One half day and one full day excursion per week. \*The Programme may vary due to operational reasons

### FOR MORE INFORMATION:

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