

English and Football Training

Do you have a passion for football?

You can be trained by UEFA/FA licensed coaches, play in a competitive league and have the chance to showcase your talents to professional football scouts while our CELTA trained teachers will help you improve in all areas of your English and guide you towards achieving a recognised English qualification.

The programme includes 15 afternoon English lessons per week, over 90 football coaching hours per programme, weekly competitive matches and trial sessions.

The training facilities, squad uniforms (which are yours to keep) and league fees are all provided at no extra cost.



PROGRAMME COMPONENTS

FITNESS SESSIONS	TECHNICAL SESSIONS		SET PIECE SESSIONS
<ol style="list-style-type: none">1. Core Stability2. Speed Strength3. Agility4. Strength5. Power6. Anaerobic7. Aerobic8. Fuel Mix9. Match Fitness Test	<ol style="list-style-type: none">1. Goal Keeping2. Delayed Defending3. Defending Matched-Up4. Defensive Heading5. Receiving Priorities6. Support Play7. Turning8. Dribbling	<ol style="list-style-type: none">9. Short Passing10. Running with the Ball11. Long Passing12. Forward Runs13. Forward Passing14. Long Range Finishing15. Close Range Finishing16. Attacking Heading	<ol style="list-style-type: none">1. Defending Corners2. Attacking Corners3. Defending Free Kicks4. Attacking Free Kicks5. Goal-kicks6. Kick-offs7. Penalties8. Throw-ins.



- Qualified and experienced UEFA 'B' certified football coaches.
- Team uniforms are included - and yours to keep after the programme!
- Excellent football training facilities (Grass and 3G Astro).
- All competitive matches have 1 x referee and 2 x linesmen (qualified) (qualified).
- Excellent floodlit, all-weather match pitches.
- Full FTN players membership and services.

Spring Programme 18 weeks (including holidays)	Summer Programme 18 weeks (including holidays)	Winter Programme 30 weeks (including holidays)
<p>Course Dates: 20 Feb 2012 - 22 June 2012</p> <p>15 English lessons Weekly training sessions</p> <p>League dates: 5 March 2012 - 7 June 2012</p>	<p>Course Dates: 28 May 2012 – 28 Sept 2012</p> <p>15 English lessons Weekly training sessions</p> <p>League dates: 11th June - 13th September</p>	<p>Course Dates: 20 Aug 2012 – 15 March 2013</p> <p>15 English lessons Weekly training sessions</p> <p>League dates: TBC</p>

