



# FOOTBALL & ENGLISH LIDDINGTON

## Liddington

9 – 17 years

**Our Football Programme, 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
- Technical circuits
- Goal keeping
- Free kicks and corners
- Dribbling and dummies
- 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 our professional coaches.

## INCLUDED

- 1 Half Day Excursion (per week)
- 1 Full Day Excursion (per week)
- 12 Hours per week of football tuition by qualified Football Association Coaches
- Football Kit Including Ardmore Football shirt, shorts and socks
- Visit to Chelsea Football stadium
- Full board

## OUR STRONGEST POINTS

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

## MISCELLANEOUS

The framework for the Football Programme has been created by professionals.

We are sure that this coaching will help bring out the best in every student that will attend the Course!

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2 WEEKS

SAMPLE SUMMER PROGRAMME 2019\*

	MORNING	AFTERNOON	EVENING
Sunday	WELCOME		
Monday	Lessons	Football Training	Welcome Icebreaker Games
Tuesday	Lessons	Football Training	Egg Protector
Wednesday	Lessons	Half Day Excursion to Bath Walking Tour	Talent Show
Thursday	Lessons	Football Training	Casino Night
Friday	Lessons	Football Training	Disco
Saturday	Full Day Excursion to Windsor, Windsor Castle and Eton Walking Tour		Sports Tournament
Sunday	Sports and Leisure Activities on Campus/ Optional Excursion		Movie Night
Monday	Football Training	Lessons	Capture the Flag
Tuesday	Football Training	Lessons	Find Dr Ardmore
Wednesday	Half Day Excursion to Oxford Universities Walking Tour	Lessons	Karaoke
Thursday	Football Training	Lessons	Rounders
Friday	Football Training	Lessons	Disco
Saturday	Full Day Excursion to London, Professional Football Stadium and Westminster Walking Tour		Mini Olympics
Sunday	GOODBYE		

\* The Programme may vary due to operational reasons

## ENGLISH LESSONS

15 hours per week (3 hours per day, 5 days per week); maybe morning or afternoon.

## DATES

July 2019 (approx. 7-21)