



British  
Summer  
School

PRO OPTIONS

# Football

Pro Football, delivered by a suitably qualified and experienced football coach, includes 6 hours per week of professional tuition that enables students to improve many aspects of their football knowledge, technical abilities, and match play performance.



## COURSE DETAILS 2024

**Centre:** Oundle

**Ages:** 12-17yrs

**Dates:** 1 July-10 August

**Days:** Mon/Tues/Thurs/Fri

### Levels:

Beginner  
Elementary  
Intermediate  
Advanced

### Coaching Ratio:

1 coach per 12 students

### Coaching Time:

6 hours p/w

**Price:** £275 p/w

Coaching focuses on developing a range of skills and drills, tactics and match play and includes other elements such as nutrition, physical conditioning, and injury prevention.

### OBJECTIVES

- Learn the rules of football
- Improve tactical skills and match play
- Develop technical abilities such as ball control, dribbling, passing, defending, tackling and shooting
- Understand and apply injury prevention techniques
- Understand the impact of nutrition on performance

- Establish individual performance goals

### OTHER BENEFITS

- Expand football-related vocabulary
- Improve fitness, stamina, agility, strength and speed
- Develop 21C skills: creativity, communication, collaboration and critical thinking
- Improve problem-solving skills
- Improve self-confidence



### TECHNICAL TRAINING

Technical training forms the core part of football sessions and helps footballers to develop and improve their ball control and dribbling, passing and receiving, tackling, defending and shooting skills.



### MATCH PLAY TRAINING

This replicates the experience of a real-life game, giving students complete control over their decisions and actions. Students decide their own positioning and movement, ask for and pass the ball and tackle other players to get the ball. Match Play strategies, techniques, practice, and experience is an essential part of football training.



### NUTRITION

Sessions include understanding the role that nutrition plays in building and maintaining a healthy heart, muscle strength and overall fitness levels.

### INJURY PREVENTION

Sessions include useful tips on how to prevent common football injuries through stretching, rolling, and choosing the correct footwear.

### WHAT TO BRING

- Football shirt
- Football shorts
- Football boots (with plastic studs)
- Clean trainers (for inside)
- Football socks
- Shin pads



A minimum number of students is required for the Pro Option to run. If a Pro Option is cancelled a refund will be given.

